

Assessment Day Run Sheet

Warm Up

10 minute warm up, stretching and moving joints.

Stances (mark as graded)

Shoulder stances, moving forward x 3 & back x 3 to the count.

Cover, Prepare, Bow, Horse, Lunging, Cat, Bear stance. All these by the same count 3 x 3.

Drills (mark as graded)

Block Drill covering both sides x 5

Block & Strike drill x 5

Drill 1 X 5

Drill 2 x 5

Drill 3 x 5

BJJ Combative (mark as graded)

Rear naked choke defence

Defence against a side headlock, standing

Defence against a headlock on the ground.

Assessment

100 Push ups, minimum 50 before transferring

100 Sit ups, minimum 50 before transferring

100 Squats.

Should anyone not be able to complete the minimum then their assessment is complete.

Self defence

Against a shoulder grab from behind single & double hand. X 3

Against a wrist grab, single or double x 3

360-degree blocking, against a haymaker x 3

Parry against a right cross x 3

Single & double handed throat grab x 3

Hair grab x 3

Lapel grab, single & double handed x 3

Forms

Iron horse x 2

3 battles x 2

Rotating palms x 2

Lull before the storm x 2

Sparring

Pad rounds 2 min rounds

Round 1, Focus pads, include: open hand strikes, 360 defence, parry (punch defence), checks, hand defence.

Round 2, focus pads include: crescent & hook kicks & spinning heel & hook kicks.

Round 3, Kick shield: include power kicks, push, side, back, jumping kicks & spinning kicks, Knees and leg defences.

Round 4, Forearm pads: backslide parry (against push kicks), Clinch knees.

Round 5, Forearm pads: Axe kick, elbows & open hand strikes.

General sparring rounds 5 x 2min rounds.

