

TESTING FOR ADVANCE WHITE	
General	Tie belt correctly
	How to enter and exit the Training Mat
	Learn the "Salutation"
	Memorize and Perform the Pledge
	Learn "BASICS" Positions
	Attitude First High Five
Questions	What is Attitude?
	Why is it called "Attention?"
	What is "Posture?"
	What is our "Base?"
Sets	Prime 8
	Master Key
	Blocking Set
Forms	(none)
Defenses	<i>Know 2. Show base move. Use to Defend.</i>
	Hammer Defense - High - Inside (HDHI)
	Hammer Defense - High - Outside (HDHO)
	Whipping Defense - High - Inside (WDHI)
	Whipping Defense - High - Outside (WDHO)
Type of Attack	Touch
Angle of Attack	Front
Moving In or Out	Moving away from the attack
Weapons	Fist (Front, Back, Hammer) - Forearm - Outside
Kicks	Front Knee
Targets	Forearm - Rib- Neck - Nose
Qualities	Respect: Replies with Yes/No Sir/Ma'am
	Discipline: Maintains Awareness
	Control: Posture - Feet Straight - Knees Bent