

TESTING FOR INTERMEDIATE ORANGE	
General	Define "Awareness"
	Define and show Balance
	Know a simple "Lock" Flow
	Control and
Questions	What is the H-W-D of Engaged with "Guard"
	What is the H-W-D of Cat Position
	What is a "Bracing" Angle and where is it commonly used"
Sets	Position Set (2nd Half)
	Manuevering Set
Forms	Long 2 (Half)
Defenses	<i>Show base move. Use 2 to Defend.</i>
	1 Hammer Defense - High - Inside (HDHI)
	2 Hammer Defense - High - Outside (HDHO)
	3 Hammer Defense - Low - Inside (HDLI)
	4 Hammer Defense - Low - Outside (HDLO)
	5 Whipping Defense - High - Inside (WDHI)
	6 Whipping Defense - High - Outside (WDHO)
	7 Whipping Defense - Low - Inside (WDLI)
	8 Whipping Defense - Low - Outside (WDLO)
Type of Attack	Lock
Angle of Attack	Front, Flank, and Rear
Moving In or Out	In and Away, moving up the circle
Weapons	All
Kicks	All
Targets	Muscle Targets (Bicep, Tricep, Forearm, quads, hamstring, calves, trapezius, abs