

TESTING FOR INTERMEDIATE YELLOW	
General	Control Yourself
	Know the 5 UMAS principles & what they mean
	Soft Voice vs. Hard Voice
Questions	What is the tool for "Unaware-Aware-Alert-Action" Called?
	What is term that describes built in awareness that ensures Success?
	What is it called when we move part of our base away?
	What is it called when we move part of our base towards?
Sets	Kicking Set
	Positional Set (first half)
Forms	Short 1 Advance (Up and Back)
Defenses	<i>Know 3. 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 and Push
Angle of Attack	Front and Flank
Moving In or Out	Moving Away from the attack
Weapons	Foot (Ball, heel, knife, instep)
Kicks	Side / Round / Back
Targets	Knee: Side/Inside - Shin - Foot: Instep
Qualities	Respect: Replies correctly to upper ranks
	Discipline: Arrives- Prepared/On Time
	Control: Posture - Maintains Proper Training Position

Historical Patterns	Delay Sword - HDHI
	Five Swords - HDHI
	Sword & Hammer - WDHI
	Sword of Destruction - WDHI
	Mace of Aggression - HDHO
	Attacking Mace - HDHO
	Repeating Mace - WDHO
	Circling Wing- WDHO