

Kicks	Y	O	G	P	b	B	R	T	1	2	3
Sliding Roundhouse	X	X	X	X	X	X	X	X	X	X	X
Sliding Side Kick	X	X	X	X	X	X	X	X	X	X	X
<i>Step Kicks</i>											
Front Kick				X	X	X	X	X	X	X	X
Roundhouse Kick				X	X	X	X	X	X	X	X
Side Kick				X	X	X	X	X	X	X	X
Advanced Kicks				X	X	X	X	X	X	X	X
<i>Jump Kicks</i>											
Jump Front Kick				X	X	X	X	X	X	X	X
Jump Roundhouse				X	X	X	X	X	X	X	X
Jump Side Kick				X	X	X	X	X	X	X	X
<i>45 Degree Jump Kicks</i>											
45 Degree Jump Front Kick				X	X	X	X	X	X	X	X
45 Degree Jump Roundhouse				X	X	X	X	X	X	X	X
45 Degree Jump Side Kick				X	X	X	X	X	X	X	X
<i>Advanced Jump Kicks</i>											
Jump Back Side Kick						X	X	X	X	X	X
Jump Back Crescent Kick						X	X	X	X	X	X
Jump Back Spin						X	X	X	X	X	X
Thunder Kick					X	X	X	X	X	X	X
Flying Side Kick						X	X	X	X	X	X
360 Back Side Kick									X	X	
Kicking Combinations	Y	O	G	P	b	B	R	T	1	2	3
Front Kick / Sliding Front Kick		X	X	X	X	X	X	X	X	X	X
Roundhouse / Sliding Roundhouse Kick		X	X	X	X	X	X	X	X	X	X
Side Kick / Sliding Side Kick		X	X	X	X	X	X	X	X	X	X
Inside Crescent / Sliding Outside Crescent Kick		X	X	X	X	X	X	X	X	X	X
Inside Crescent / Sliding Inside Twist Kick				X	X	X	X	X	X	X	X
Front Kick / Back Crescent Kick		X	X	X	X	X	X	X	X	X	X
Roundhouse / Back Spin Kick			X	X	X	X	X	X	X	X	X
Side Kick / Back Side Kick		X	X	X	X	X	X	X	X	X	X
Front Kick / Jump Front Kick				X	X	X	X	X	X	X	X
Roundhouse / Jump Roundhouse				X	X	X	X	X	X	X	X
Side / Jump Side Kick				X	X	X	X	X	X	X	X
Inside Crescent / Thunder Kick				X	X	X	X	X	X	X	X

Kicking Combinations	Y	O	G	P	b	B	R	T	1	2	3
Own Combinations					X	X	X	X	X	X	X
Sparring	Y	O	G	P	b	B	R	T	1	2	3
<i>Punch Defenses</i>											
Jab					X	X	X	X	X	X	X
Cross					X	X	X	X	X	X	X
Hook					X	X	X	X	X	X	X
Upper Cut					X	X	X	X	X	X	X
Self Defense	Y	O	G	P	b	B	R	T	1	2	3
MilGi			X	X	X	X	X	X	X	X	X
Arms Pinned (Front / Rear)			X	X	X	X	X	X	X	X	X
Arms Free (Front / Rear)			X	X	X	X	X	X	X	X	X
Choke (Blood from Rear / Hand from Front)			X	X	X	X	X	X	X	X	X
One Arm Pinned (Front / Rear)			X	X	X	X	X	X	X	X	X
Arms Locked			X	X	X	X	X	X	X	X	X
Hair Pull			X	X	X	X	X	X	X	X	X
Ear Pull			X	X	X	X	X	X	X	X	X
Shoulder Grab			X	X	X	X	X	X	X	X	X
Lapel Grab			X	X	X	X	X	X	X	X	X
Grab and Punch			X	X	X	X	X	X	X	X	X
Double Lapel Grab			X	X	X	X	X	X	X	X	X
Double Wrist Grab			X	X	X	X	X	X	X	X	X
Full Nelson			X	X	X	X	X	X	X	X	X
Head Lock (Front / Rear)			X	X	X	X	X	X	X	X	X
Straight Grab Joint Locks			X	X	X	X	X	X	X	X	X
Cross Grab Joint Locks			X	X	X	X	X	X	X	X	X
Throws			X	X	X	X	X	X	X	X	X
Ground Fighting			X	X	X	X	X	X	X	X	X
Ground Defense			X	X	X	X	X	X	X	X	X
Falling			X	X	X	X	X	X	X	X	X
Rolling			X	X	X	X	X	X	X	X	X
Body Movement Drill with Blocks			X	X	X	X	X	X	X	X	X
Body Movement Drill with Blocks and Strikes			X	X	X	X	X	X	X	X	X
Body Movement Drill with Kicks			X	X	X	X	X	X	X	X	X
Body Movement Drill with Judge's choice			X	X	X	X	X	X	X	X	X

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