



RANKING SYSTEM

THE FUTURE OF SELF DEFENSE IS HERE!

"Learn to Fight Like a Marine!"

LEVEL #1 Examination!

NAME: _____
ADDRESS: _____
EMAIL: _____
PHONE: _____
TIME IN GRADE: _____
JOURNAL KEPT: _____
 Yes No

Testing Fees: \$50 for a review of the online video submission for Volumes #1 & #2. \$100 if student requests a private review on the telephone to go over the test and techniques.

Volume #1: White-Yellow Belt Program - Minimum TIG (Time in Grade) 1 month and 20 hours training based on 5 hours per week training. Student to keep a training journal of hours.

VOLUME #1: The Fundamentals

PASS FAIL

1. Warrior Stance _____
2. Distances of Combat Engagement _____
3. 8 Angles of Attack and Defense _____
4. Footwork: The Key to Fighting _____
5. Vital and Vulnerable Targets of the Body _____
6. Zone Blocking _____
7. Soft and Hard Blocks _____

Volume #2 Weapons Yellow-Purple Belt Program - Minimum TIG (Time in Grade) 2 months and 40 hours training based on 5 hours per week training. Student to keep a training journal of hours.

***Demonstrate the techniques below in a self-defense situation.**

1. Palm Heel _____
2. Back Fist _____
3. Knife Hand Strikes _____
4. Web Hand _____
5. Hammer fist _____
6. Claw Hand _____
7. Ridge hand _____
8. Eye Gouge _____
9. Snap Front Kick _____
10. Cut Kick _____
11. Side Kick _____
12. Back Kick _____
13. Stomping Kick _____
14. Elbow Strikes _____
15. Knee Attacks _____

NOTE: Upon completion of both Volumes #1 and #2 the student will receive a Level #1 Certified Instructor status with their Purple Belt Ranking.

Instructors Notes:

Comments:
