

# Level 8 Black Purple Character Belt

## Tip Test

### Strikes

1. Ground strikes on shield: a) front kick; b) side kick; c) round kick

### Blocks/Footwork/Movement

1. Shin-box getup

### Chi Sau

1. Double arm chi sau: Tai Toshi takedown
2. Double arm chi sau: Shin-box takedown

### Techniques

1. Side kick takedown
2. Round kick takedown
3. Hook kick takedown
4. Reaping sweep from open guard
5. Head-arm choke from closed guard
6. Double lapel choke form closed guard
7. Ground fighting knife
8. Apply kimura from closed guard

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## **Belt Test**

### **Forms**

1. Sil Lum Tao – Complete
2. Chum Kil – Complete
3. Bil Jee – First Section

### **Strikes**

1. Ground and Pound: a) punching; b) elbows; c) knees

### **Blocks/Footwork/Movement**

1. Technical get-up

### **Chi Sau**

1. Double arm chi sau: Fireman's takedown
2. Double arm chi sau: Hurricane takedown

### **Techniques**

1. Hooking sweep from open guard
2. Front sweep from open guard
3. Front choke from closed guard
4. Lower figure 4 from closed guard
5. Del la Riva sweep
6. Del la Riva escape
7. Pretzel control – strike
8. Pretzel control – hip throw

### **Wooden Dummy**

1. Sets 1-6: 60 movements