

FOCUS EXAM REVIEW SHEET FOR SUMMER BELT GRADUATION - 6-23-23

***EVERYONE ***

Feet Together Set (what's it stand for? focus & self-control sir)
Bow (what's it stand for? courtesy & respect sir)
Fighting Stance Move (what's it stand for? giving 100% sir)
Student Creed (they repeat 1-5)

All 5-7-year-old Little Champs

Recite - 3 rules of concentration (focus your eyes, focus your mind, focus your body)
KARATE - Kick Combo #2 (right #2 front / right double jump front / right single jump front / 2 punches)
KICKBOXING – Slipping (slip right, cross, hook, cross, slip left, hook, cross, hook)
KAJUKEMBO – Ultimate Self-Defense Drills (Kajukembo based), #1 & #2
KRAV MAGA – Self-Protection Drills (Krav Maga based), #1 & #2

8-12-year-old Youth Beginners and Advanced

Recite - Ending creed
KARATE - Kick Combo #3 (right #2 axe/ left spinning hook / right tornado/ fade away punch)
KICKBOXING – Weaving (weave right, R. uppercut, R. cross, weave left, L. uppercut, L. hook)
KAJUKEMBO – Ultimate Self-Defense Drills (Kajukembo based), #3 & #4
KRAV MAGA – Self-Protection Drills (Krav Maga based), #3 & #4

All ages 13 & older Teen and Adults

Recite - MAD: (move, attack, defend)
KARATE - Kick Combo #1 (right #2 front / left #2 side, right #2 round / left #2 back / kneeling punch)
KICKBOXING – Slipping (slip right, cross, hook, cross, slip left, hook, cross, hook)
- And Weaving (weave right, R. uppercut, R. cross, weave left, L. uppercut, L. hook)
KAJUKEMBO – Ultimate Self-Defense Drills (Kajukembo based), #5 & #6
KRAV MAGA – Self-Protection Drills (Krav Maga based), #5 & #6

Graduation in classes for ages 3-4 Tiny Champs, June 21st or 22nd

Feet together set, lock it up
3 rules of concentration
Balancing and agility drills: bean bag and balloon catch
Stretches, butterfly, pike, straddle
Kickboxing: jab / cross / hook
Kicks: front and back
Judo: forward roll
Self defense #1 (block punch kick)
Side control, knee on belly, mount, palms, punches, hammers

