

Black Shirt Testing CheckPoints

	Exercise	CheckPoints	Performance
Strength	Alternating Lunge Hops	<ul style="list-style-type: none"> [] knee over foot, back knee 1-2 inches from mat [] Good explosion and leg switch [] Up right body alignment, keep balance, facing forward [] switch opposite arm each jump 	Perform 10 good squat jumps (5 each leg) E_____ S_____ N_____
	Pushup to Side Plank	<ul style="list-style-type: none"> [] proper push-up executed [] proper side plank transition and position [] proper body alignment throughout 	Attempt 8 good side plank pushups (4 each side) Min. 2 with correct form to pass. E_____ S_____ N_____
	Reverse Pull-Up (gradual release)	<ul style="list-style-type: none"> [] Release body down from pull up bar slowly [] Maintain proper pace throughout drop, 1/2 way at 5 secs, etc. 	Perform proper reverse pull-up to 10 second drop pace E_____ S_____ N_____
Skill	Round-Off	<ul style="list-style-type: none"> [] Cartwheel entrance used [] Proper hip rotation [] balance kept and foot placement 	Perform two satisfactory round-offs E_____ S_____ N_____
	Explode to Feet from Knees	<ul style="list-style-type: none"> [] Explosion from hips [] Land on both feet [] Maintain balance 	Perform 4 explode to knee jumps E_____ S_____ N_____
	180 Degree Jumps	<ul style="list-style-type: none"> [] Explode 360 degrees from ready position [] Keep balance [] Hip rotation and explosion 	Perform 4, 360 degree jumps -2 each direction E_____ S_____ N_____
	Carioca	<ul style="list-style-type: none"> [] Proper foot placement [] Correct rotation of front leg/feet [] Maintain proper body alignment and balance 	Perform proper carioca movement each direction E_____ S_____ N_____
Techniques	Half-Nelson	<ul style="list-style-type: none"> [] Snake arm under armpit [] Hand on head, palm grip [] Elbow to elbow [] Chest to chest throughout turn 	Perform proper half nelson turn E_____ S_____ N_____
	Single Leg Finish - from pit, turn in/out	Turn In: <ul style="list-style-type: none"> [] correct rotation [] execute finish Turn Out: <ul style="list-style-type: none"> [] Hand placement [] Lower body position [] Proper rotation, quick, choppy steps [] circle down correctly and finish 	Perform both single leg finishes properly E_____ S_____ N_____
	Front Headlock	<ul style="list-style-type: none"> [] proper snap [] Shoulder on back of neck [] Lock position, placement at elbow [] Head in armpit [] Circle and score 	Perform proper front headlock and finish E_____ S_____ N_____
	Double Leg - Tackle Finish	<ul style="list-style-type: none"> [] Level change and penetration step (depth) [] Explosion off trail leg [] Low body position [] Feet moving, short-choppy steps [] Clear legs [] Finish in T position 	Execute proper double leg takedown with tackle finish E_____ S_____ N_____