



World Class Federation of Martial Arts - Self Defense



| WHITE TO YELLOW | ORANGE TO O/ STRIPE | GREEN TO GREEN 1 | RED TO RED 1 |
|------------------------------|------------------------------------|---|-------------------------------------|
| Belt Take Down | Step Take Down | Hip Throw | Head Lock |
| Wrist Grab 1 ss (push elbow) | Wrist 3, 2 on 1 (elbow down, etc.) | Wrist 5 ss (knee kick) | Wrist 9 ss (grab from behind) |
| Wrist Grab 2 cs(elbow) | Wrist 4, 2 on 2 (double chop) | Wrist 6 ss (Radial Drop) | Wrist 10 cs (wave hello) |
| | | | Red 1 TO RED 2 |
| | | | Choke from behind |
| | | | 1 Hand Shoulder Grab Behind, ss+cs |
| YELLOW TO ORANGE | O/S TO GREEN BELT | GREEN 1 TO GREEN 2 | RED 2 TO RED 3 |
| Bear Hug Front | Spin Take Down | Arm Throw | Kick Defense |
| Neck Grab 3 (Hook Punch) | 2 Hand Shoulder Grab | Lapel (Radial Drop) | Wrist 11 ss (metacarpal/knife hand) |
| | | | Wrist 12 cs (metacarpal w/forearm) |
| | | | 1st Pre-Test |
| | | | Chair Tackle Take Down |
| ss=same side | | GREEN 2 TO RED | Chair Defense |
| cs=cross side | | Head Throw | |
| | | Wrist 7, 2 on 2 Front (#4 plus clothesline) | 2nd Pre-Test |
| | | Wrist 8, 2 on 2 Behind | All from White Belt |



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