



## SASA Competency Test Requirements

---

### 1. Fighting

#### Unarmed Combat

Candidate must perform the following moves on focus mitts (not demonstrated beforehand):

- Punches: Jab, Cross, Uppercut, Hook, Slip, Duck
- Knees
- Elbows
- Kicks: Front Kick, Spinning Hook Kick, Round Kick, Back Kick, Side Kick
- Fight reactions and performance

#### Sword Fighting

- Perform **12 parries** (attacking and defending, not demonstrated beforehand).
  - Complete a **5-move fight sequence**, assessed on both attacking and defending, including fight reactions.
- 

### 2. Body Control

- Forward rolls
  - Dive forward roll (pick up a weapon)
  - Backward rolls
  - Handstands
  - Handstand forward roll
  - Rope climb (up to 4m)
- 

### 3. Falling

Performed from a **2m platform onto mats**:

- Forward fall onto back
  - Forward fall with  $\frac{1}{2}$  twist to back
  - Back fall onto back
- 

### 4. Bullet Hits

Candidate must perform the following reactions (not demonstrated beforehand):

- Head shot
- Shoulder hit (left and right)
- Stomach hit
- Leg hit

---

## **5. Mini Tramp**

Candidate is assessed on ability (not required to complete all):

- Front somersault
- Front somersault / Forward roll
- Barani (front somersault with half twist)
- Crash dive
- Dive with late  $\frac{1}{2}$  twist to back
- Standing back somersault from mini tramp