



COMPETENCY REQUIREMENTS

1. FIGHTING

UNARMED:

Candidate is not shown the strikes but is just asked to perform these moves onto focus mitts.

- 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:

Fight Sequence (assessed on both fighting and reactions – 5 move fight)

- Sword Fighting (12 parries – attacking, defending)

Candidate not shown the 12 parries and is asked to perform these moves in both attacking and defending.

Fight Sequence (assessed on both attacking and defending – 5 move fight)

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

Candidate will perform the required falls from a 2m platform onto mats.

- Forward fall onto back
- Forward fall with ½ twist to back
- Back fall onto back

4. BULLET HITS

Candidate asked to perform the following bullet hits without being shown.

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

5. MINI TRAMP

Assess the ability of the candidate. Does not have to do all, but see ability.

- Front somersault
- Front somersault / Forward roll
- Birani
- Crash dive
- Dive with late ½ twist to back
- Standing on mini tramp back somersault