



Big Dolphins

March 2018

Hand Moves Tip Test

Run Sheet 01	<p align="center">Guarding Stance Techniques</p> <p align="center">Please ensure that you: 1) Keep your hands up, 2) Twist back foot, 3) Gihap 4) Use Fakes, 5) Use each side to the count without switching and then switch each time to the count</p>
Orange/white to Orange	<p>Guarding Stance</p> <p>Jab Punch in Guarding Stance</p>
Orange to Orange/black	<p>Cross Punch in Guarding Stance</p>
Orange/black to Green/white	<p>Jab & Cross Punching combinations in Guarding Stance</p>
Green/white to Green	<p>Rising Knee strike in Guarding Stance</p> <p>Side Knee strike in Guarding Stance</p>
Green to Green/black	<p>'Inside' Elbow strike in Guarding Stance</p> <p>'Rising' Elbow strike in Guarding Stance</p> <p>Jab, Cross & Knee Strike combinations in Guarding Stance</p>
Green/black to Purple/white	<p>Hook Punch in Guarding Stance</p> <p>Jab, Cross & Elbow Strike combinations in Guarding Stance</p>
Purple/white to Purple	<p>Jab, Cross & Hook Punching combination in Guarding Stance</p> <p>Jab Punch, Elbow Strike & Knee Strike combinations in Guarding Stance</p>
Purple to Purple/black	<p>Uppercut Punch in Guarding Stance</p> <p>Jab Punch, Heel of Hand Strike to Swallow hand strike in Guarding Stance</p>
Purple/black to Brown/white	<p>Your own (freestyle) 2 move hand combinations in Guarding Stance. May include any punch or strike in your 2 moves. Must change arms after each strike.</p>
Brown/white to Brown/black	<p>Your own (freestyle) 4 move hand combinations in Guarding Stance. May include any punch or strike in your 4 moves. Must change arms after each strike.</p>



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Run Sheet 02	<p align="center">Horse Riding Stance Techniques</p> <p align="center">Please ensure that you: 1) Bend knees properly, 2) Pull other hand back to belt, 3) Twist both wrists, 4) Gihap</p>
Orange/white to Orange	Single Middle Punch in Horse Riding Stance
Orange to Orange/black	Double Horse Riding Stance Middle Punch Rising Face Block in Horse Riding Stance
Orange/black to Green/white	Triple Horse Riding Stance Middle Punches
Green/white to Green	Outside Block in Horse Riding Stance
Green to Green/black	Inside Block in Horse Riding Stance
Green/black to Purple/white	Heel of Hand Strike in Horse Riding Stance (Batangson Chigi)
Purple/white to Purple	Swallow Strike in Horse Riding Stance (Kal Jebi Chigi)
Purple to Purple/black	<p>2 x Random Horse Riding Stance moves from list below:</p> <p>The following moves must demonstrate: ‘Pull & Push’ by using both arms correctly. Also, Ensure ‘X’ on blocks</p> <ol style="list-style-type: none"> 1. Rising Block 2. Double Punch 3. Outside Block
Purple/black to Brown/white	Inside Block
Brown/white to Brown/black	Low Block

Fitness Drills:

- Before starting, check pulse by:
 - a) finding pulse on neck, b) time 6 seconds c) multiply x 10 = Normal heart rate
- Push ups: Put noodle or paddle pad under your belly and count 3 x sets of 10
- Sit ups: Put noodle or paddle pad under your lower back and count 3 x sets of 10
- Skipping 3 x sets of 40 seconds (20 second break between sets) Count how many jumps you do in each set. (If time, check pulse after each set) On last set you must finish set quicker than when you start with the aim of beating your PB.
- Check heart rate after 3rd set. (distinguish ‘active’ heart rate)
- We also do a ‘lead floor stretch’ (weather permitting) and or breathing drill with the aim to
 - a) distinguish how flexible you are b) To lower your heart rate.
- Check heart rate & discuss how close it was to your original ‘normal rate’ at the beginning of fitness drills



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<p>Run Sheet 03</p>	<p align="center">Forward, Walking & Back Stance Techniques Please ensure that you: 1) Do <u>both</u> hand actions correctly, 2) Turn & correctly</p>
<p>Orange/white to Orange</p>	<p>N/A</p>
<p>Orange to Orange/black</p>	<p>N/A</p>
<p>Orange/black to Green/white</p>	<p>N/A</p>
<p>Green/white to Green</p>	<p>Stand, Step & Turn in Forward Stance</p>
<p>Green to Green/black</p>	<p>Rising Face Block in Forward Stance</p>
<p>Green/black to Purple/white</p>	<p>Middle Punch in Forward Stance Stand, Step & Turn in Walking Stance</p>
<p>Purple/white to Purple</p>	<p>Reverse Middle Punch in Forward Stance Move from Walking Stance to Forward Stance</p>
<p>Purple to Purple/black</p>	<p>Heel of Hand Strike (Batangson Chigi) in Forward Stance</p>
<p>Purple/black to Brown/white</p>	<p>2 x Forward Stance moves from list below Same arm & same leg. Must demonstrate turn & <u>both</u> hand actions correctly. 1. Reverse Punch 2. Rising Face Block 3. Outside Block 4. Heel of Hand Strike (Batangson Chigi)</p>
<p>Brown/white to Brown/black</p>	<p>3 x Forward Stance moves Do above and then add on: * Swallow Hand Strike (Kal Jebi) Outside Block in Back Stance</p>