



Big Dolphins

Sparring & Self Defence

Tip Test

Run Sheet 01	Foot work & Tactics Please ensure that students: 1) Do <u>both</u> hand actions correctly, 2) Turn & correctly
Orange/white to Orange	Effective Guarding Stance
Orange to Orange/black	Open Stance (Switching to both sides) Closed Stance (Switching to both sides)
Orange/black to Green/white	Demonstrate 2 different kinds of 'Fakes'
Green/white to Green	Demonstrate: How to attack from 'Open' stance using your back leg
Green to Green/black	Demonstrate: How to attack from 'Closed' stance using your Front leg
Green/black to Purple/white	Demonstrate a single Counter Attack from Open Stance against a single kick
Purple/white to Purple	Demonstrate a single Counter Attack from Closed Stance against a single kick
Purple to Purple/black	Stepping: Demonstrate 1) Correct technique 2) How to 'Step' into an attacking position 3) How to use 'Stepping to evade being kicked
Purple/black to Brown/white	Skip: Demonstrate 1) Correct technique 2) How to 'Skip' into an attacking position and 3) How to use a 'Skip' to evade being kicked
Brown/white to Brown/black	Inch: Demonstrate 1) Correct technique 2) How to 'Inch' into an attacking position and 3) How to use 'Inching' to evade being kicked



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Run Sheet 02	<p style="text-align: center;">Sparring</p> <p style="text-align: center;">Please ensure that students:</p> <p style="text-align: center;">1) Keep hands up 2) Maintain 'long' legs, not 'sideways' legs 3) Gihap on each attack</p>
Orange/white to Orange	Non Contact WTF Sparring (Kicks only)
Orange to Orange/black	Light Contact WTF Sparring
Orange/black to Green/white	<p>Light Contact WTF Sparring with combinations (Kicks only) Must be able to do 3 consecutive kicks to form a combination. <u>Continuous kicks</u> without stepping after each kick.</p>
Green/white to Green	<p>Light Contact WTF Sparring (Kicks only) Must be able to perform kick combinations and to demonstrate strong <u>defensive stances</u>.</p>
Green to Green/black	<p>Light WTF Contact Sparring (Kicks only) Effective kick combinations and effective evasion</p>
Green/black to Purple/white	<p>Light WTF Contact Sparring (Kicks only) Committed kicking combinations and effective evasion</p> <p>'Slow motion' Hands only Sparring using Punch combinations No contact to face, head or below partners belt</p>
Purple/white to Purple	<p>WTF Contact Sparring (Kicks only) Committed kicking combinations and evasion using footwork to maintain an effective distance</p> <p>Hands only Sparring using Punch combinations No contact to face, head or below partners belt</p>
Purple to Purple/black	<p>WTF Contact Sparring</p> <p>'Slow motion' Hands only Sparring using NON Punch combinations No contact to face, head or below partners belt</p>
Purple/black to Brown/white	<p>WTF Contact Sparring (Kicks only) Committed kicking combinations and evasion using footwork to maintain an effective distance</p> <p>Hands only Sparring using NON Punch combinations No contact to face, head or below partners belt</p>
Brown/white to Brown/black	Freestyle Hands only Sparring (any hand technique)



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March 2018

Run Sheet 03a	Self Defence Please ensure that students: 1) Perform <u>each</u> individual action correctly 2) Use correct footwork 3) Maintain correct distance from partner 4) Hold guarding stance until partner bows out
Orange/white to Orange	Wrist Escape Move 1. ('scratch the mozzie')
Orange to Orange/black	Wrist Escape Move 2. ('show me the money')
Orange/black to Green/white	Wrist Escape Move 3. ('check your pocket')
Green/white to Green	Wrist Escape Move 4. ('catch the fish')
Green to Green/black	Wrist Escape Move 5. ('give yourself a smack')
Green/black to Purple/white	Wrist Escape Move 1, 2, 3, 4 & 5 (both sides)
Purple/white to Purple	1. Upset Move: Right Spear hand to attackers face
Purple to Purple/black	1. Upset Move: Right Spear hand to attackers face. 2. Double downwards strike onto partners arms with hammer fists while simultaneously sliding Right Foot back and landing in Guarding Stance with Left leg to the front

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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Run Sheet 03b	<p style="text-align: center;">Self Defence</p> <p style="text-align: center;">Please ensure that students:</p> <p style="text-align: center;">1) Perform <u>each</u> individual action correctly 2) Use correct footwork 3) Maintain correct distance from partner 4) Hold guarding stance until partner bows out</p>
Purple/black to Brown/white	<ol style="list-style-type: none"> 1. Upset Move 1. 2. Double downwards strike onto partners arms with hammer fists while simultaneously sliding Right Foot back and landing in Guarding Stance with Left leg to the front 3. Right Front Snap Kick landing in Guarding stance with Right leg landing to the front
Brown/white to Brown	<ol style="list-style-type: none"> 1. Upset Move 1. 2. Double downwards strike onto partners arms with hammer fists while simultaneously sliding Right Foot back and landing in Guarding Stance with Left leg to the front 3. Right Front Snap Kick landing in Guarding stance with Right leg landing to the front 4. Right Jab & Left Cross punch in Guarding Stance with Right leg forward
Brown to Brown/black	<ol style="list-style-type: none"> 1. Upset Move: Right Spear hand to attackers Face 2. Double downwards strike onto partners arms with hammer fists while simultaneously sliding Right Foot back and landing in Guarding Stance with Left leg to the front 3. Right Front Snap Kick landing in Guarding stance with Right leg landing to the front 4. Right Jab & Left Cross punch in Guarding Stance with Right leg forward 5. Step Right leg back into guarding Stance to create distance between you and partner and hold position until partner bows to you first. 6. Bring Left leg back to Choombi stance and bow back to partner

Fitness Drills:

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- 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
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- Check heart rate & discuss how close it was to your original 'normal rate' at the beginning of fitness drills