**LEVEL 4**

**(Grey, Adv. Grey, Student Black Belt)**

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| **Stripe** | **Cycle 1** | **Cycle 2** |
| **Yellow** | Grab Defense #51. Attention
2. Grab
3. Drop elbow
4. Bottomfist
5. Pull fist to opposite ear
6. Strike jaw
7. Hand to ear + Step back
8. Pivot + Inward block
9. Back Stance

SD Combo #5*vs. rear bear hug (under arms)*1. SD Stance
2. L foot hook behind attackers leg
3. Slap floor (center their leg in bw your feet)
4. Grab behind heel
5. Sit down & lift foot
6. L step forward
7. R back kick
8. Distance
 | Pinion #5a1. Step together + double punch down
2. Pull arms back
3. Double punch to front
4. R table, fist to ears
5. Double strikes towards center
6. Upward cross block
7. Pull back
8. R foot steps together, L outward, R downward block
9. R step into forward stance
10. Switch arms
11. L side step
12. Switch arms
13. R steps up into cat stance
14. Circle cover
15. Shooting star
16. L inward block
17. R step into forward stance to corner, inverted punch to groin
18. R step back into cat stance
19. L push down
20. R back-knuckle
21. L slap
22. L backhand strike
 |
| **Orange** | Punch Defense #51. Attention
2. Step + Check
3. Outward Block
4. Grab Wrist
5. Slide up
6. Step + Strike
7. Cup hands
8. Step back
9. Pivot + Swing arms
10. Bottomfist
11. Chop
12. Grab
13. Step back
14. Front Kick
15. Step + R hand to chest
16. Go to ground hold
 | Pinion #5b1. L Circle
2. Step w/ R leg into horse stance + R elbow strike
3. R leg slides back
4. R leg steps into horse stance + elbow strike
5. R leg slides together, feet together + double punch to front
6. Pull arms back to L side
7. R step to corner
8. Pivot into forward stance + U-punch to corner
9. L rear shift
10. Pivot + turn facing back
11. Circle L outward block + R downward block
12. L steps into back-stance
13. Bend knees + ready arms
14. L step back to forward stance + pull right arm back
15. R inverted punch to groin
16. R uppercut
17. R leg steps together, turn to left, upward cross block
18. R step back into forward stance + L downward block
19. R upward block
20. R inward block
21. R back-knuckle
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| **Purple** | Kicks 5:* Spinning Hook Kick
* Tornado Kick
 | Pinion #5c1. R leg steps together, turn to left, upward cross block
2. R step back into forward stance + L downward block
3. Double punch
4. Double palm R
5. R upward block
6. R chamber + ready arms
7. Sidekick
8. Recoil
9. Step into forward stance + L double palm block
10. L upward block
11. L chamber + ready arms
12. Sidekick
13. Table + double punch to the front
14. Pull arms back to R side
15. L step into forward stance + U-punch
16. R leg step up, turn towards back + upward cross block
17. R steps back into forward stance + downward block
18. Double punch
19. R arm swing over head
20. R table
21. Frontkick + cover
22. Turn to L
23. Circle cover
24. Step into horse stance + elbow strike
25. Horse stance

Finish Position |
| **Blue** | Mount Position + Escape  | Ridgehand Attack + Counter |
| **Green** | Side Control Position + Escape | Double-Palm Block Counter |
| **Brown** | Guard Position + Escape | Continuous Sparring |
| **Level 4** **Tester Belt: Fitness Set 4** | 20 Jumping Jacks20 Mountain Climbers20 Jump Squats20 Knuckle Push-ups20 Roman Sit-Ups20 Lunges20 Burpees (jump only) Time: 5:00 minutes |