**LEVEL 4**

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

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| **Stripe** | **Cycle 1** | **Cycle 2** |
| **Yellow** | Grab Defense #5   1. 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 #5a   1. 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 #5   1. 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 #5b   1. 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 |
| **Purple** | Kicks 5:   * Spinning Hook Kick * Tornado Kick | Pinion #5c   1. 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 Jacks  20 Mountain Climbers  20 Jump Squats  20 Knuckle Push-ups  20 Roman Sit-Ups  20 Lunges  20 Burpees (jump only)  Time: 5:00 minutes | |