

Applications Test

Student's Name _____

Rank and Date _____

| White Belt Techniques | Left | Right | 1st Application | 2nd Application |
|-----------------------|------|-------|-----------------|-----------------|
| First Wrist Technique | | | | |
| Jacket Grab | | | | |
| Front Wrist Throw | | | | |
| Arm Bar | | | | |
| Elbow Chop | | | | |
| Come Along | | | | |
| Leg Sweep | | | | |
| Whip Throw | | | | |
| Unbendable Arm | | | | |
| Mugger's Throw | | | | |

| Yellow Belt Techniques | Left | Right | 1st Application | 2nd Application |
|------------------------|------|-------|-----------------|-----------------|
| Pivot Take Down | | | | |
| Pivot Hold Down | | | | |
| Peel Off | | | | |
| Lift Up | | | | |
| High Bridge | | | | |
| Low Bridge | | | | |
| Spin Around | | | | |
| Arm Bar Throw | | | | |
| Wheel Throw | | | | |
| Reverse Wrist | | | | |

| Blue Belt Techniques | Left | Right | 1st Application | 2nd Application |
|--|------|-------|-----------------|-----------------|
| Hand Shake | | | | |
| Reverse Palms Lift Up | | | | |
| Two Hand Lift Up | | | | |
| Third Set Wrist Technique | | | | |
| Pull Down from the Rear | | | | |
| Two On One | | | | |
| Two Hand Wheel Throw | | | | |
| Two Hand Grip from the Rear Throw to the Side | | | | |
| Two Hand Grip from the Rear Throw to the Front | | | | |
| Over the Back | | | | |

| Green Belt Techniques | Left | Right | 1st Application | 2nd Application |
|-----------------------------|------|-------|-----------------|-----------------|
| Twisting Ankle Against Knee | | | | |
| Pulling Head Down | | | | |
| Scoop | | | | |
| Pivot Over the Back | | | | |
| Arm Over Shoulder | | | | |
| Bear Hug Throw | | | | |
| Unbendable Arm (Kick) | | | | |
| Scoop (Kick) | | | | |
| Back Breaker | | | | |
| Slap to Side of the Head | | | | |

| Purple Belt Techniques | Left | Right | 1st Application | 2nd Application |
|------------------------|------|-------|-----------------|-----------------|
| Spinning Arm Bar | | | | |
| Reverse Pivot Takedown | | | | |
| Cross Arms Throw | | | | |
| Scissors | | | | |
| Spinning Hip Throw | | | | |
| Groin Block | | | | |
| Drop | | | | |
| Cross Body Wrist Throw | | | | |
| Body Block | | | | |
| Shoulder Throw | | | | |