

			Scoring for Individual Techniques
Student:			5 = Demonstrated Perfect Technique, with Proper Emotional Content, without Hesitation
			4 = Demonstrated Acceptable Technique without Hesitation
Guro:			3 = Demonstrated Acceptable Technique but Hesitated
			2 = Demonstrated Basic Technique, but Really Needs Seasoning
Date:			1 = Demonstrated Technique, but Only After Being Shown
			0 = You have failed as a student and/or we have failed as instructors
Defensor Method Level 2A Test			
Skill / Concept		Score	Comments
Empty Hands			
	Any kick with a 1-2-3 hand combination		
	Sungob		
	Dongob		
	Basic Defensive Moves		
	Slip (<=>)		
	Bob (V)		
	Weave (U)		
	Duck		
	Squat		
	Drop to Floor		
	Roll		
	Shoulder Roll		
	Cover		
	Salute		
	Parry		
	Catch		
	Shoulder Stop		
	Hampak		
	Pass		
	Swim		

Defensor Method Level 2A Test				
Skill / Concept			Score	Comments
Empty Hands				
Advanced Defensive Moves – Add Counters, any 3 beat combo				
		Slip (<=>)		
		Bob (V)		
		Weave (U)		
		Duck		
		Squat		
		Roll		
		Shoulder Roll		
		Cover		
		Salute		
		Parry		
		Catch		
		Shoulder Stop		
		Hampak		
		Pass		
		Swim		
Muay Thai drills – combinations off Thai Pads/Mitts:				
		foot jab, double kick		
		block a hit, double kick		
		pull, double knee left/right, push, double kick		
		left parry off a left jab, down right elbow, pull, double knee L/R, pull/push, double kick		
		Feed left cut kick to inside of left leg, defense moves back left leg & delivers left double kick; Feed right cut kick to outside of left leg, defense shuffles back right rear leg and left leg slides back & right leg delivers double kick to pads.		
		Feed a left tap to chest, defense double parries left attack with a left right then delivers right upward knee, push then double kick. Other side.		

Defensor Method Level 2A Test				
Skill / Concept			Score	Comments
Trapping				
	Hampak = Pak Sao (slap/trap w/ punch);			
	Butong = Pulldown (drape)			
	Tiklod = Push			
	Saggang = All Blocks;			
	Hambak = Wave;			
	Palusot = Scoop;			
	Saludo = Salute;			
	Dakop = Grab;			
	Waslik = Flick Away			
	Wallis = Sweep Block;			
	Pasanod = Turning Your Body;			
	Sampal = Slap;			
	Pitik = Flicking Strike;			
	Libot = Spinning Technique;			
	Dagdag = Drop;			
	Ordabis = Backfist			
Entries				
	Gunting – Standard			
	Gunting – Inside			
	Gunting – Outside			
	Gunting – Over			
	Gunting – Under			
	Split			
	Salute			
	Palusut			

Defensor Method Level 2A Test			Score	Comments
Skill / Concept			Score	Comments
Pentjak-Silat				
Take Downs (Any 6 Takedowns)				
		Puter Kapala		
		Reverse Puter-Kapala		
		Figure 4 and walkthrough		
		Head Control and Throw		
		Armdrag		
		Head to Pocket		
		Arm Pendulum		
		Bizet Dahlem		
		Bizet Luar		
		Sapu Dahlem		
		Sapu Luar		
		Other: _____		
Chut Chun Choi (60 Seconds)				
		60 Seconds Stationary		
		30 Seconds Walking		