

Gold Test

Hand techniques	Attitude	Tech	Speed	Power
Backfist				
Rearhand punch				
Front jab				

Foot techniques	Attitude	Tech	Speed	Power
Front leg front kick				
Back leg front kick				
Front leg side kick				
Back leg side kick				

Combinations	Attitude	Tech	Speed	Power
Backfist / Rearhand punch				
Backfist / Rearhand punch / front leg front kick				
Backfist / Rearhand punch / back leg front kick				

Stances	Attitude	Tech	Speed	Power
Fighting stance				
Horse stance				
Front stance				

Blocks	Attitude	Tech	Speed	Power
Down block				
High block				
Double middle				

One-Step Kumite	Attitude	Tech	Speed	Power
Rear-hand punch / High block, Step Punch				
Rear-hand punch / Down block, Step Punch				
Back leg front kick / Down block, Step Punch				

Five step Combinations	Attitude	Tech	Speed	Power
ackfist / Backfist block, grab, punch, step, elbow				

Self-Defense	Attitude	Tech	Speed	Power
Rear choke				
Side headlock				
Same-side wrist grab				

Totals	Attitude	Tech	Speed	Power
Score				