

<b>Level</b>	<b>Techniques</b>
<b>Yellow/white to Yellow</b>	<p><b>Self Defence:</b> Wrist grab escapes: Move 1 &amp; 2 (both sides)</p> <p><b>Sparring:</b> <b>WT Sparring</b> In 'slow motion' demonstrating attack &amp; defence</p>
<b>Yellow to Yellow/black</b>	<p><b>Self Defence:</b> Wrist grab escapes: Move 1, 2 &amp; 3 (both sides)</p> <p><b>WT Sparring:</b> Demonstrating attack &amp; defence at full speed</p>
<b>Yellow/black to Blue/white</b>	<p><b>Self Defence:</b> Wrist grab escapes: Move 1, 2, 3, 4 &amp; 5 (both sides)</p> <p><b>Footwork &amp; Tactics:</b> Effective Guarding Stance</p> <p><b>WT Sparring:</b> All of above, as well as demonstrating 'combination kicking'</p>
<b>Blue/white to Blue</b>	<p><b>Self Defence:</b> Self Defence moves of the month (if unsure ASK)</p> <p><b>Footwork &amp; Tactics:</b> Open Stance (switching to both sides) Closed Stance (switching to both sides)</p> <p><b>WT Sparring:</b> All of above, as well as 'switching' stances</p> <p><b>Hands Only sparring:</b> In 'Slow motion' demonstrate punch techniques while keeping 'guard up' with elbows down. Try using Upper Cut, Jab, Cross, Hook and 'flying punches.</p>
<b>Blue to Blue/black</b>	<p><b>Self Defence:</b> Self Defence moves of the month (if unsure ASK)</p> <p><b>Footwork &amp; Tactics:</b> Demonstrate two (2) different kind of 'fakes'</p> <p><b>WT Sparring:</b> All of above, as well as the use of effective 'fakes'</p> <p><b>Hands Only sparring:</b> In 'Slow motion' as above and also demonstrating NON punch techniques. For example: use Knife hand strikes, Elbow strikes, Heal of hand strikes, Swallow strikes, Ridge hand and Hammer fists.</p>
<b>Notes:</b>	<ul style="list-style-type: none"> <li>• ALL Sparring Protective Gear MUST be worn at all times</li> <li>• Strictly <u>NO CONTACT</u> to FACE, HEAD or Below Partners Belt.</li> </ul> <p><b>WT Sparring</b></p> <ul style="list-style-type: none"> <li>• Must demonstrate control, timing, kick combinations and loud Gihap on attacking moves.</li> </ul>

<b>Level</b>	<b>Techniques</b>
<b>Blue/black to Red/white</b>	<p style="text-align: center;"><b>Self Defence:</b> Self Defence moves of the month (if unsure ASK)</p> <p style="text-align: center;"><b>Footwork &amp; Tactics:</b> Demonstrate how to:</p> <ul style="list-style-type: none"> <li>• Attack from 'Open Stance' using your back leg.</li> </ul> <p style="text-align: center;"><b>WT Sparring:</b> All of above, as well as demonstrating control, timing, kick combinations and counter attacking.</p> <p style="text-align: center;"><b>Hands Only sparring:</b> Hands only sparring by using techniques that are NOT punches. For example: use Knife hand strikes. Elbow strikes, Heel of hand strikes, Swallow strikes, Ridge hand and Hammer fists.</p>
<b>Red/white to Red</b>	<p style="text-align: center;"><b>Self Defence:</b> Self Defence moves of the month (if unsure ASK)</p> <p style="text-align: center;"><b>Footwork &amp; Tactics:</b> Demonstrate how to:</p> <ul style="list-style-type: none"> <li>• Use a 'Step' to move into an attacking position.</li> <li>• Use a 'Step' to evade being kicked.</li> <li>• Attack from 'Closed Stance' using your front leg.</li> </ul> <p style="text-align: center;"><b>WT Sparring:</b> All of above.</p> <p style="text-align: center;"><b>Hands Only sparring:</b> Must demonstrate control, keeping guard up, and a wide variety of techniques.</p>
<b>Red to Red/black</b>	<p style="text-align: center;"><b>Self Defence:</b> Self Defence moves of the month (if unsure ASK)</p> <p style="text-align: center;"><b>Footwork &amp; Tactics:</b> Demonstrate how to:</p> <ul style="list-style-type: none"> <li>• Use a 'Skip' to move into an attacking position.</li> <li>• Use a 'Skip' to evade being kicked.</li> <li>• A single counter attack from Open Stance against a single kick.</li> </ul> <p style="text-align: center;"><b>WT Sparring:</b> All of above.</p> <p style="text-align: center;"><b>Hands Only sparring:</b> All of above</p> <p style="text-align: center;"><b>Free Style sparring:</b> Must demonstrate control, the use of hand and feet combinations, timing and counter attacking.</p> <p style="text-align: center;"><b>Multiple sparring:</b> Three way sparring WT style. Must demonstrate control, positioning, timing, tactics and counter attacking.</p>

<p><b>Red/black to Black/white</b></p>	<p style="text-align: center;"><b>Self Defence:</b></p> <p>Self Defence moves of the month (if unsure ASK)</p> <p style="text-align: center;"><b>Footwork &amp; Tactics:</b></p> <p>Demonstrate how to:</p> <ul style="list-style-type: none"> <li>• Use a 'Inch' to move into an attacking position.</li> <li>• Use a 'Inch' to evade being kicked.</li> <li>• A single counter attack from Closed Stance against a single kick.</li> </ul> <p style="text-align: center;"><b>WT Sparring:</b></p> <p>All of above.</p> <p style="text-align: center;"><b>Hands Only sparring:</b></p> <p>All of above</p> <p style="text-align: center;"><b>Free Style sparring:</b></p> <p>Must demonstrate control, the use of hand and feet combinations, timing and counter attacking.</p> <p style="text-align: center;"><b>Multiple sparring:</b></p> <p>Three way sparring WT style.</p> <p>Must demonstrate control, positioning, timing, tactics and counter attacking.</p>
<p><b>Black/white to SMA Black belt</b></p>	<p style="text-align: center;"><b>Self Defence:</b></p> <p>Self Defence moves of the month (if unsure ASK)</p> <p style="text-align: center;"><b>Footwork &amp; Tactics:</b></p> <p>Demonstrate how to:</p> <ul style="list-style-type: none"> <li>• Use a 'Spin' to move into an attacking position.</li> <li>• Use a 'Spin' to evade being kicked.</li> <li>• Spinning hand and kick counter attacks from open and closed stances.</li> </ul> <p style="text-align: center;"><b>WT Sparring:</b></p> <p>All of above.</p> <p style="text-align: center;"><b>Hands Only sparring:</b></p> <p>All of above</p> <p style="text-align: center;"><b>Free Style sparring:</b></p> <p>Must demonstrate control, the use of hand and feet combinations, timing and counter attacking.</p> <p style="text-align: center;"><b>Multiple sparring:</b></p> <p>Two against one sparring WT style.</p> <p>Must demonstrate control, aggressiveness, positioning, timing, tactics and counter attacking.</p>

### Tips:

If you are unsure of anything about our sparring tip tests

- Look for information pages in the colour belt section of our website
- Look at the Tip Test sections for lower belts
- Go to the terminology section on the SMA website
- Ask an Instructor