

Overview of the test content

	Yellow belt	Orange belt	Green belt	Blue belt
1. Athletic test.	150 points	200 points	250 points	300 points
2. Demonstration ability. complex tests (CT), fall training, throws	<ul style="list-style-type: none"> * CT I (1-8) * CT II (1-8) * fall training (soft ground) 	<ul style="list-style-type: none"> * CT I * CT II * fall training (harder ground) * hip and shoulder throws 	<ul style="list-style-type: none"> * CT III 	<ul style="list-style-type: none"> * CT IV
3. Attack effectiveness. exchange handling with subsequent techniques, that is to say a combination of medicine ball or close combat vests.	<ul style="list-style-type: none"> * Fist punch: <ul style="list-style-type: none"> - At the same side - At the mutual side * Front kick 	<ul style="list-style-type: none"> * 4 fixed combinations with previous illusions. 	<ul style="list-style-type: none"> * 4 fixed combinations * 1 free combination 	<ul style="list-style-type: none"> * 4 fixed combinations * 1 free combination
4. Defence ability Defence in a semi circle against:	<ul style="list-style-type: none"> * Knife * MPi against MPi 	<ul style="list-style-type: none"> * Knife * MPi-stab * Fist punches * Foot kicks * Chokes * Spade attacks * Stick blows 	<ul style="list-style-type: none"> * All defences from the orange belt in two variations. Threats with a pistol 	<ul style="list-style-type: none"> * All defences from the green belt in three variations * 2 attackers
5. Fighting behaviour. Free fights with or without protective equipment.	Without accessories.	<ul style="list-style-type: none"> * 30 second fight * Proof of 5 fights 	<ul style="list-style-type: none"> * 1 minute fight * Proof of 5 fights * Fight judge 	<ul style="list-style-type: none"> * 2 minutes fight * Proof of 5 fights * Fight judge