

### **PRACTICAL**

*Line work - Examiner's choice*

*Pattern - Student's choice*

*2 patterns - Examiner's choice*

*Grade pattern*

*Step sparring - Examiner's choice*

*One step sparring*

*Routine pad work*

*Free sparring - 2-3 rounds with equipment*

### **THEORY**

*You need to obtain a Theory Book from your Instructor as this will be your source of reference from now on.*