**Testing Requirements**

**Gold Star – Star Makki (Block) Set**

$5 fee for this test

**If you think you are ready to test, Please see Mr. Bain or Miss. Hannah before or after class for pre-testing.**

Testing Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Star Makki (Block) Set:**

-Student must be able to perform Star Makki (Block) Set from beginning to end without coaching from the instructor.

-Student must call out each technique in a clear, loud voice.

1. Chimbee Stance

Feet shoulder width apart, pointing forward

Tight fists at front of belt

Eyes looking forward

Loud Giyup

1. Feet shoulder width apart + ½, sitting stance

Fists chambered at sides, belt height

1. Left **High Block**

Tight fist above head 45\* angle, twisting at finish

1. Left side **Inside Block**

Tight fist moving from outside to centre line, 45\* angle (should just be able to see over the fist)

1. Left **Outside Hammer Block**

Tight fist with palm facing out, 45\* angle at elbow (should just be able to see over the fist)

1. Back to my ear

Chamber position for Low Block

Left hand at right ear

Tight fist, back of hand faces forward

1. Left **Low Block**

Tight fist

Left hand travels from right ear to down to the left side, twisting at finish

1. Back to belt

Tight fist

Left elbow drives backwards into ready position for left punch (left fist stops at belt)

1. Left **Check Block**

Thumb tucked, fingers together, open hand

Downward motion stops on centre line, just below the belt

1. Back to belt

Tight fist

Left elbow drives backwards into ready position for left punch (left fist stops at belt)

1. through 18 - All techniques repeated with right arm

19 through 26 – All techniques repeated with both arms at the same time

**Testing Tips:**

-Be enthusiastic (speak loud, use power in movements, smile)

-Clean, un-wrinkled uniform

-Long hair tied back

-Finger and toe nails trimmed and clean

-KNOW YOUR STUFF! COME PREPARED!

**“Perfect Practice Makes Perfect”**