

## Wingate Entry Examination

1. Standing position+moves+ shadow box
2. Rolls and breakfalls
3. Gating up from the floor, forward and backward
4. Right and left punch
5. Hummer punches
6. Elbows punches
7. Front Regular kick
8. Defense front kick
9. Side kick
10. Back defense kick
11. 360 defenses – defense and attack simultaneous
12. Inside defenses against punches
13. Defense against front regular kick with hand/leg
14. Strangulation from front – 2 different releases
15. Strangulation from back
16. Strangulation from back with the forearm
17. 2 different bear hugs
18. Stab with knife large distance
19. Stab with knife small distance with one disarm