

White/Orange Belt test

VERBAL

1. Who is a stranger? What do they look like?

Sir/Ma'am, a stranger is someone I do not know. They can look like anyone.

2. What should you do when approached by a stranger?

Sir/Ma'am, I will keep a safe distance and keep my eyes on them.

3. What is a safe distance?

Sir/Ma'am, it is a distance at which the stranger cannot grab me or lunge and grab me.

4. What do you do if a stranger walks towards you?

Sir/Ma'am, I will keep my eyes on them and move away from the stranger to keep my safe distance. (Must Demonstrate)

5. What should you do if a stranger says something that makes you feel uncomfortable or gets too close to you?

Sir/Ma'am, I will set a verbal boundary by getting into a self defense stance and yelling "Stop! What do you want?" (Must Demonstrate)

6. Please describe what uncomfortable feels like.

Sir/Ma'am, my body tells me I am uncomfortable when my stomach hurts, I get goose bumps, or it feels like my hair is standing up.

7. What should you do if a stranger grabs you?

Sir/Ma'am, if grabbed by a stranger I will fight, cause a scene, and to make time go by. I will create space and run to safety. If I cannot get away I will get my body weight to the ground and perform the brat drill.

8. How long do you fight and how loud should you yell when a stranger is trying to take you?

Sir/Ma'am, I fight until the stranger leaves me alone or someone helps me and I yell so loud that the whole town hears me.

9. Perform the brat drill.

(Be sure to yell "NO Stranger, Stranger!!!")

10. What are some mean techniques that you could use to free yourself from a stranger?

Sir/Ma'am, I will smack their ears, gouge their eyes, pull their hair, and strike their groin. I could even bite because no technique is too mean for me to be safe.

11. Do you ever give up when fighting with a stranger?

Sir/Ma'am, I will never give up fighting for my safety because I'm a Tuff Target.

Technical

- 1. Tie your Belt- Must be tied using Team Chitwood method**

Test Flow

- 1. Double Leg Takedown (Morotegari) to Guard**
- 2. Rodeo Stand to Bull Pass to Crossbody**
- 3. Smash Potato Grip to Sneaky Mount**
- 4. Partner Rolls to Hand and Knees- Back Pack to Surfboard**