



ATHLETES IN MOTION

SCHOOLS OF SELF-DEFENSE

INTERNAL USE ONLY

TESTING FEE PAID: _____

TESTING FEE NOT PAID: _____

-BELT ADVANCEMENT FORM (rev. 7/08)

FOR PRESENT RANK OF **BLUE BELT Red Stripe**

THE DATE OF YOUR TESTING WILL BE: **NEXT WEEK**

The *testing fee* is **\$12.00**. This includes your test, your belt or stripe, and your certificate. On the day of your test you should bring your testing fee in a envelope with this testing paper attached.

Name: _____ Class Location: _____

(Please Print name)

Present Belt Rank: BLUE BELT- RED STRIP
(testing for 2nd Red tip)

Class time: ____ : ____ p.m. Age: _____ Uniform Size: _____

Students will be tested in groups and all techniques will be reviewed in class the week prior.
The following are techniques you **may be asked to demonstrate** for your belt advancement:

BLOCKS

- Outside Knife-Hand Block
- Double Forearm Block
- Combination of Blocks

STRIKES / PUNCHES

- Uppercut Punch
- Combination- Backfist /Reverse/ Ridgehand
- Rising Elbow Strike
- *Downward Elbow Strike*

KICKS

- Lapel Grap / Rising or Forward Elbow Strike
- Spinning Back Kick
- Jump Front Kick (Left & Right leg)
- Inside Crescent Kick -lead leg / Shuffle- Side Kick
- Double Round House (*fake low-kick high*)

RELEASES

- Attempted Choke / Double High Block & Knee Strike to Chest
- Rear shoulder grab / rising rear Elbow strike / Reverse Punch
- Bear Hug / Foot Stomp / Head butt w/ back of head
- Shirt Grab / Downward or Forward Elbow strike / Jab / Reverse Punch

COMBINATIONS

- 3-Way Kick (*must contain Jump Front & Spinning Back Kick*)
- Knife Hand Block / Lead Leg Round Kick
- Fr Snap Kick- Stepping Forward / Jab / Reverse Punch
- Middle Block/ Palm Strike / Knee Strike

Advanced students must demonstrate proper:

1. *Power*
2. *Speed*
3. *Focus*
4. *Good Form & Technique*
5. *Accuracy*