



ATHLETES IN MOTION

SCHOOLS OF SELF-DEFENSE

INTERNAL USE ONLY

TESTING FEE PAID: _____

TESTING FEE NOT PAID: _____

-BELT ADVANCEMENT FORM

FOR PRESENT RANK OF **BLUE BELT**

(*Advancement to Blue Belt – Red Tip*)

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 (testing for 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

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

STRIKES / PUNCHES

- Combination: Ridge Hand Front & Rear
- Uppercut Punch
- Combination- Backfist /Reverse/ Ridgehand
- Rising Elbow Strike

KICKS

- Spinning Back Kick
- Skip Round House Kick
- Jump Front Snap Kick (Left & Right leg)
- Inside Crescent Kick -lead leg / Shuffle- Side Kick

RELEASES

- Shirt Grab / Rising or Forward Elbow Strike
- Attempted Choke / Double High Block & Knee Strike to Chest
- Elbow strike / Reverse Punch
- Rear Shoulder Grab / Rising Rear Elbow Strike / Reverse Punch
- Single Wrist Grab / Forward Elbow Strike

COMBINATIONS

- Knife Hand Block / Lead Leg Round Kick
- Fr Snap Kick- Stepping forward / Jab / Reverse Punch
- Middle Block/ Palm Strike / Knee Strike
- Spin Back Kick / Knee Strike

Students...remember to use:

1. Power
2. Speed
3. Focus
4. Good Form & Technique
5. Loud Kiai