



ATHLETES IN MOTION

SCHOOLS OF SELF-DEFENSE

INTERNAL USE ONLY

TESTING FEE PAID: _____

TESTING FEE NOT PAID: _____

-BELT ADVANCEMENT FORM (Revised 7 08)

FOR PRESENT RANK OF BROWN BELT – Double Black 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)

(testing for promotion to BROWN BELT – Triple Black Tip)

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

The following are techniques you may be asked to demonstrate for your belt advancement:

BLOCKS

- Combination of Blocks
- Blocks against surprise attack
- Combination as requested by instr.

STRIKES / PUNCHES

- Spin Backfist Strike
- Spin Mid Elbow Strike
- Rising Elbow Strike
- Inward Forearm Strike
- Combinations as requested by instr.

KICKS

- Hook Kick
- Skip Hook Kick
- Spinning Back Kick
- Butterfly Kick
- Jump Spin – Outside Crescent
- Double Lead Leg Fr. Snap (fake low-kick high)
- Combinations of any kick as request by instr.

COMBINATIONS

- Jump Turning / Sike Kick / Spin Back Kick

SPARRING

- Demonstrate Advanced Sparring Techniques
- Sparring 2 against 1
- Demonstrate Effective Sparring combination consistently with speed, power, proper form and balance

LEADERSHIP

- Has Led class in Warm -ups
- Assisted in class
- Demonstrated commitment and dedication in Class every class

Student should be able to execute all techniques will advanced level form, speed, power, accuracy and control
Demonstrated increased leadership and maturity in class