



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 BROWN BELT - 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 an envelope with this testing paper attached.

Name: _____ Class Location: _____
(Please Print name)

(Testing for promotion to BROWN BELT Double Black 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

- Combination of Blocks
- Demonstrate Effective blocks against surprise attack

STRIKES / PUNCHES

- Turning Back fist Strike
- Turning Mid Elbow Strike
- Rising Elbow Strike
- Downward Elbow Strike

KICKS

- Hook Kick
- Skip Hook Kick
- Butterfly Kick
- Dbl. Lead Leg Fr. Snap (fake low-kick high)
- Jump Spin Outside Crescent

COMBINATIONS

- 4-Way Kick (must contain Jump Front & Spinning 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 instruction
- 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

Advanced students must demonstrate proper:

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