



# ATHLETES IN MOTION SCHOOLS OF SELF-DEFENSE

\*\*INTERNAL USE ONLY\*\*

TESTING FEE PAID: \_\_\_\_\_

TESTING FEE NOT PAID: \_\_\_\_\_

(REVISED 7/08)

## -BELT ADVANCEMENT FORM-

### PRESENT RANK OF : GREEN BELT-PURPLE TIP

(For belt advancement to: Purple Belt)

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: GREEN BELT-PURPLE 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

- Multiple Blocks
- Outside Knife-Hand Block
- Double High Block
- Combination of Blocks

#### STRIKES / PUNCHES

- Rising Elbow Strike
- Rear Elbow Strike - High
- Ridge Hand - Front Hand
- Ridge Hand - Rear Hand

#### KICKS

- Turning Back Kick
- Skip Side Kick
- Skip Round House
- Turning Round House Stepping Forward

#### RELEASES

- Release from Side Head Lock
- Rear Bear Hug Grab / Hammer Strike/ Rear Elbow Strike
- Attempted Choke / Double High Block & Knee Strike to Chest

#### COMBINATIONS

- 3-Way Kick-Front / Side / Turning Back Kick
- Knife hand Block - Lead Leg Round kick
- Skip-Round House / Jab / Reverse
- High Block / Lead Leg Round Kick / Reverse Punch