



ATHLETES IN MOTION

SCHOOLS OF SELF-DEFENSE

INTERNAL USE ONLY

TESTING FEE PAID: _____

TESTING FEE NOT PAID: _____

-BELT ADVANCEMENT FORM

FOR PRESENT RANK OF BROWN BELT - double Black tip

THE DATE OF YOUR TESTING WILL BE: NEXT WEEK

The *testing fee* is \$10.00. 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: _____

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

- Guarding Block
- Combination of Blocks
- blocks surprise attack
- Combination as requested by instr.

STRIKES / PUNCHES

- Turning Backfist Strike
- Turning Mid Elbow Strike
- Rising Elbow Strike
- Downward Elbow Strike
- Combinations as requested by instr.

KICKS

- Hook Kick
- Skip Hook Kick
- Spinning Back Kick
- Jump Front Kick (Left & Right leg)
- Inside & Outside Crescent - Stepping Forward
- Double Lead Leg Fr. Snap (fake low-kick high)
- Combinations of any kick as request by instr.

COMBINATIONS

- 4-Way Kick (must contain Jump Front & Spinning Back Kick)

SPARRING

- Demonstrat Advanced Sparring Techniques
- Sparring 2 against 1
- Dempmstrate 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