



# ATHLETES IN MOTION

## SCHOOLS OF SELF-DEFENSE

\*\*INTERNAL USE ONLY\*\*

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

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

### -BELT ADVANCEMENT FORM (Revised 12/04)

FOR PRESENT RANK OF **PURPLE BELT-BLUE TIP**

*(Belt advancement to Blue Belt)*

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)*

Present Belt Rank: **PURPLE BELT-BLUE 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 High 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 Kick (Left & Right leg)
- Inside Crescent Kick / Shuffle- Side Kick

#### RELEASES

- Lapel Grap / Rising or Forward Elbow Strike
- Attempted Choke / Double High Block & Knee Strike to Chest
- One Arm Behind Back / Release
- Rear Bear Hug Grab / Hammer Strike / Elbow Strike

#### COMBINATIONS

- 3-Way Kick (*must contain Jump Front & Spinning Back Kick*)
- Knife Hand Block / Lead Leg Round Kick
- Fr Snap Kick- Stepping Forward / Jab / Reverse Punch
- Middle Block/ Palm Strike / Knee Strike

Students...remember to use:

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