



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 PURPLE BELT-BLUE TIP

(Belt advancement to Blue 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: 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

- Outside 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 Snap Kick (Left & Right leg)
- Rear Inside Crescent Kick / Shuffle- Side Kick

RELEASES

- Shirt Grab / 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 (*Jump Front Snap / Skip High Side Kick / Turning Back Kick*)
- Fr Snap Kick- Stepping Forward / Jab / Reverse Punch
- Middle Block/ Palm Strike / Knee Strike
- Shuffle Forward/ Bruch elbow aside / Uppercut Punch

Students...remember to use:

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