



ATHLETES IN MOTION SCHOOLS OF SELF-DEFENSE

INTERNAL USE ONLY

TESTING FEE PAID: _____

TESTING FEE NOT PAID: _____

-BELT ADVANCEMENT FORM

FOR PRESENT RANK OF **BLUE BELT 2nd Red Stripe**
(*Advancement to Red 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: BLUE BELT 2nd Red Stripe

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:*

RELEASES

BLOCKS

- Knife-Hand Block
- Double Forearm Block
- Combination of Blocks

- Bear Hug / Foot Stomp / Head butt w/ back of head
- Lapel Grab / Rising or Forward Elbow Strike

STRIKES / PUNCHES

- Uppercut Punch
- Combination- Backfist /Reverse/ Ridgehand
- Rising Elbow Strike
- *Downward Elbow Strike*

COMBINATIONS

- Knife Hand Block / Lead Leg Round Kick
- Fr Snap Kick- Stepping Forward / Jab / Reverse Punch
- Middle Block/ Palm Heal Strike / Knee Strike
- Stepping forward - Rear Leg Outside Crescent/ Rear Leg Inside Crescent / Spin Back Kick

KICKS

- Double Shirt Grab – Release with ‘Can Opener’
- Spinning Back Kick
- Jump Front Snap Kick (Left & Right leg)
- Outside Crescent Kick -Rear leg

Advanced students must demonstrate proper:

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

/ Shuffle- Side Kick
- *Double Round House (fake low-kick high)*