



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 – Triple Black tip

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)

(testing for promotion to Jr. Black Belt / white 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: (This test will be very comprehensive and test all aspects to insure competency before promotions to Jr. Black Belt rank Leadership and character will also be considered for promotion.*

BLOCKS

- Combination of Blocks as requested by instr.

STRIKES / PUNCHES

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

KICKS

- Hook Kick
- Skip Hook Kick
- Butterfly 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.
- Jump Spin / Outside Crescent

COMBINATIONS

- Jump Turning Side Kick / Spin Back Kick

SPARRING

- Demonstrate Advanced Sparring Techniques
- Sparring 2 against 1
- Demonstrate 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

NOTE:

Student must submit a one-page essay on "What it means to me to be a Jr. Black Belt"

Student should be able to execute all techniques will advanced level form, speed, power, accuracy and control
Demonstrated increased leadership and maturity in class