



# ATHLETES IN MOTION SCHOOLS OF SELF-DEFENSE

\*\*INTERNAL USE ONLY\*\*

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

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

(REVISED 7/08)

## **-BELT ADVANCEMENT FORM- FOR PRESENT RANK OF : GREEN BELT**

(For advancement to: Green Belt w/ purple stripe)

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: GREEN BELT**

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**

- Star Block
- Outside Knife-Hand Block
- Double High Block
- Combination of Blocks

### **STRIKES / PUNCHES**

- Elbow Strike - Forward
- Backfist Strike
- Rising Elbow Strike
- Rear Elbow Strike - High

### **KICKS**

- Skip Round House
- Skip Side Kick
- Roundhouse Kick- Lead Leg
- Turning Round House Stepping Forward

### **RELEASES**

- Release from Side Head Lock
- Rear Bear Hug / Release / Rear Elbow Strike
- Attempted Choke / Double High Block & Knee Strike to Chest

### **COMBINATIONS**

- 2-Way Kick
- Outside Knife hand Block – Lead Roundhouse kick
- Skip-Round House / Jab / Reverse
- High Block / Lead Leg Round Kick / Reverse Punch

Students...remember to use:

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