



ATHLETES IN MOTION

SCHOOLS OF SELF-DEFENSE

INTERNAL USE ONLY

TESTING FEE PAID: _____

TESTING FEE NOT PAID: _____

-BELT ADVANCEMENT FORM (Revised 11/04)

FOR PRESENT RANK OF **PURPLE Belt**

(For advancement to Purple Belt – Blue tip)

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**

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

- Ridge Hand - Front Hand
- Ridge Hand - Rear Hand
- Uppercut Punch
- Combination- Backfist /Reverse/ Ridgehand

KICKS

- Turning Back Kick
- Skip Round House Kick
- Jump Front Kick
- Inside Crescent Kick - Lead Leg

RELEASES

- Rear Bear Hug Grab / Hammer Strike / Elbow Strike
- Attempted Choke / Double High Block & Knee Strike to Chest
- One Arm Behind Back / Release
- Side Head lock release & Counter

COMBINATIONS

- 3-Way Kick (*Fr. / shuffle side / back kick*)
- Knife Hand Block / Lead Leg Round Kick
- Front Snap / Hammer Strike to Shoulder / Elbow Strike
- Middle Block/ Palm Strike / Knee Strike

Students...remember to use:

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