



ATHLETES IN MOTION

SCHOOLS OF SELF-DEFENSE

-BELT ADVANCEMENT FORM- Green Tip (For advancement to Green Belt)

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 separate envelope with this testing paper attached. Please do not include this with your class fee.

Name: _____ Class Location: _____
(Please Print name)

Present Belt Rank: Yellow Belt / Green 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

- Star Block
- Knife-Hand Block
- Double High Block
- Slap Block

STRIKES / PUNCHES

- Rear Hammer Strike- Low
- Rear Elbow Strike - Middle
- Uppercut Punch

KICKS

- Round Kick- Rear Leg
- Side Kick - Rear Leg
- Crescent Kick - Rear Leg
- Jump Front Kick

RELEASES

- Front Hair - Grab / Release
- Rear Choke Grab / Release
- Rear Bear Hug / Release / Rear Elbow Strike
- Attempted Choke / Double High Block & Knee Strike to Chest

COMBINATIONS

- 4 -Way Kick
- Front Kicks/ Roundhouse Stepping Forward
- Shuffle Side-Kick Jab / Reverse Punch
- Rear Leg Roundhouse Kick Stepping Forward / Jab / Reverse Punch

Students...remember to use:

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

****INTERNAL USE ONLY****

TESTING FEE PAID: _____

TESTING FEE NOT PAID: _____