



ATHLETES IN MOTION

SCHOOLS OF SELF-DEFENSE

INTERNAL USE ONLY

TESTING FEE PAID: _____

TESTING FEE NOT PAID: _____

-BELT ADVANCEMENT FORM (Revised 7/08)

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 \$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: 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

- Outside 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

- Rear Bear Hug Grab /Foot Stomp / Elbow Strike / Rear Low Hammer Strike
- Spin Back Kick
- Skip Round House Kick
- Jump Front Snap Kick
- Inside Crescent Kick – Rear Leg

RELEASES

- Attempted Choke / Double High Block & Knee Strike to Chest
- One Arm Behind Back / Release
- Side Head lock release & Counter – Uppercut Punch

COMBINATIONS

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

Students...remember to use:

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