



ATHLETES IN MOTION

SCHOOLS OF SELF-DEFENSE

INTERNAL USE ONLY

TESTING FEE PAID: _____

TESTING FEE NOT PAID: _____

-BELT ADVANCEMENT FORM

FOR PRESENT RANK OF RED BELT 2nd BROWN 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 Brown 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

- Combination of Blocks
- Demonstrate Effective blocks against surprise attack

STRIKES / PUNCHES

- Spinning Backfist Strike
- Rising Elbow Strike
- Downward Elbow Strike

KICKS

- Spinning Back Kick
- Jump Front Kick (Left & Right leg)
- Inside Crescent - Stepping Forward
- Outside Crescent - Stepping Forward
- Double Round House (fake low-kick high)
- Spin Outside Crescent Kick

RELEASES

- Demonstrate effective release against surprise attack

COMBINATIONS

- Hook Kick / Roundhouse Kick
- Demonstrate Advanced Sparring Techniques

LEADERSHIP

- Has Led class in Warm -ups and
- Demonstrated commitment and dedication in Class every class

Advanced students must demonstrate proper:

1. *Power*
2. *Speed*
3. *Focus*
4. *Good Form & Technique*
5. *Accuracy*
6. *Physical Endurance*