



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

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 RED BELT Brown 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

- Combination of Blocks
- Demonstrate Effective blocks against surprise attack

STRIKES / PUNCHES

- *Turning Backfist Strike*
- Combination- Backfist /Reverse/ Ridgehand
- 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)

RELEASES

- Rear should grab / Turning Backfist Strike / Reverse Punch
- Demonstrate effective release against surprise attack
- Rear Choke / Arm Bar / Uppercut Punch

COMBINATIONS

- Spin Back Kick / Knee Strike
- Demonstrat Advanced Sparring Techniques

LEADERSHIP

- Has assisted leading class in Warm -ups
- 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*