



**ATHLETES IN MOTION  
SCHOOLS OF SELF-DEFENSE**

internal USE ONLY\*\*

TESTING FEE PAID: \_\_\_\_\_

TESTING FEE NOT PAID: \_\_\_\_\_

(Revised 7/08 )

**-BELT ADVANCEMENT FORM-**

White Belt / Yellow Tip (*Current Belt Rank*)

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 bring your testing fee in a envelope with this testing paper attached.**

Name: \_\_\_\_\_ Class Location: \_\_\_\_\_  
(Please Print name)

**PRESENT BELT RANK: WHITE BELT / YELLOW 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:

**STANCES:**

- Attention Stance
- Horse Stance
- Self - Defense Stance
- Ready Stance

**KICKS:**

- Front Snap Kick
- Low Side Kick
- High Side Kick
- Round Kick (Rear Leg)

**BLOCKS:**

- High Block
- Low Block
- Inside Middle Block
- Outside Middle Block
- High "X" Block
- Low "X" Block

**RELEASES:**

- Single Wrist Grab / Release
- Double Wrist Grab / Release
- Front Choke Grab / Release

**STRIKES & PUNCHES:**

- Middle Punch
- Triple Punch
- Reverse Punch
- Jab Punch
- Back-fist Strike
- Hammer Strike
- Palm Strike

**COMBINATIONS:**

- High Block / Reverse Punch
- Low Block / Reverse Punch
- Side Kick / Reverse Punch
- Jab Punch / Reverse Punch
- High Block / Front Snap Kick
- Low Block / Front Snap Kick-

Students...remember to use:

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