

# **1ST RED TO BLACK BELT CANDIDATE**

## **TEST REQUIREMENTS**

**15 Classes to test for RED, WHITE and BLUE Stripes - 30 Classes to test**

**1 Tournament Patch @ Red – Black**

**2 Course Certificates Earned From Red – Black (4 Total)**

### **Red Stripe Forms**

Random Form Numbers 1 to 5

Intermediate Forms Numbers 1 to 5

Bassai

### **White Stripe - 1 Steps**

Right Punch Defense (Students)

Left Punch Defense (Students)

Right Jab Punch Defense (Students)

Left Jab Punch Defense (Students)

Right Kick Defense

Left Kick Defense

Stick Defense 1 to 6

### **White Stripe - Hard Grabs**

Spontaneous Grabs

### **White Stripe - Soft Grabs**

Spontaneous Grabs

### **White Stripe - Escapes**

Any Previous Escape

### **Blue Stripe**

Ground Linear Kicking Combination

Ground Circular Kicking Combination

Jump Circular Kicking Combination

Jump Linear Kicking Combination

### **Orange Stripe – Throws and Take Downs**

Dead Tree

Shoulder Drop

Inside Shin Take Down

Scissor Sweep (Ground or Jump either R or L)

Hip Throw (R & L)

Inside Hook Swee

2 Hand Reap

Shoulder Throw

Fireman's Throw

Monkey Roll

### **Black Stripe**

5 Sparring Classes

Win a 3-point match against another student your rank or higher

1 Sparring Rotation or Tournament.

### **Green Stripe - Fitness**

20 Knuckle Push Ups

100 Crunches

60 Jumps Over Target

3 Minutes in Horse Stance

15 Seconds in Front Stance

15 Seconds in Back Stance

### **Yellow Stripe – Board Breaking**

#### **(Safety Stripe for White to Purple Juniors)**

2 boards with hand techniques

2 board with kicks

3 or 4 Board Flying Side Kick

### **Essay Requirements**

None

# 1ST RED TO BLACK BELT CANDIDATE TEST APPLICATION

*Parents, please take a few moments to help your child complete this form.  
Forms are due 1 week prior to exam – late forms subject to \$10 late fee.  
**Incomplete forms will be returned.***

STUDENT'S NAME: _____	
RANK TESTING TO: _____	STUDENT'S AGE: _____
BELT SIZE: _____	UNIFORM SIZE: _____
EXAM FEE: _____	<input type="checkbox"/> Check <input type="checkbox"/> Cash    or <input type="checkbox"/> Charge    (card on file <input type="checkbox"/> yes <input type="checkbox"/> no)
ESSAY ATTACHED: <input type="checkbox"/> Yes	<input type="checkbox"/> No

## ALL STUDENTS

*All Students* – Do you practice at home?    yes    no

*All Students* – My goal is to take my Black Belt Exam on: date: \_\_\_\_\_

*All Students* – Circle the areas that you or your child has improved on since starting the program.

Discipline	Focus	Perseverance	Confidence	Coordination
Courage	Attitude	Fitness / Health	Works with Others	Stretch

*All Students* – Courses Completed / Certificates Earned: \_\_\_\_\_

*All Students* – Tournament Division(s) Competed in: \_\_\_\_\_

**Black Belt Club Member** (*Blue and Higher*)                      Yes    No    Give me Information

**Masters Club Member** (*1<sup>st</sup> Gup Red and Higher*)                      Yes    No    Give me Information

## JUNIOR STUDENTS

*Junior Students* – Please list 3 extra chores accomplished to pay for the testing fee:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Junior Students* – Does someone else help you practice at home?                      yes    no

*Parents* – Is your child doing well in school & doing their homework?                      yes    no

*Parents* – Would you like to have a conference with your child's instructor?                      yes    no