

4TH GREEN TO 3RD RED TEST REQUIREMENTS

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

1 Tournament Patch @ Green – Red

2 Course Certificates from Green – Red

Red Stripe Forms

Basic Forms Numbers 1 to 5
Intermediate Form Number 1
Intermediate Form Number 2
Intermediate Form Number 3
Intermediate Form Number 4

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 and 2

White Stripe - Hard Grabs

Spontaneous Grabs

White Stripe - Soft Grabs

Single Wrist Grab Arm Bar
Double Wrist Grab Hammerlock
Side Shoulder Grab Shoulder Lock
Side Shoulder Grab Deep Arm Bar
Lapel Grab Wrist Lock Defense
Lapel Grab Twist Lock Defense
Wrist Grab Trap & Wrap Defense
Wrist Grab Arm Bar-Gooseneck

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

Foot Sweep
Dead Tree
Shoulder Drop
Shin Take Down
Scissor Sweep (Ground or Jump either R or L)
Hip Throw (R & L)
Inside Hook Sweep
2 Hand Reap

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

15 Knuckle Push Ups
60 Crunches
50 Jumps Over Target
2.5 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
2 Board Flying Side Kick
(Students must break 2 real boards with a flying side kick to get yellow stripe)

Essay Requirements

What does Red Belt mean to me?

Word Definition: Role Model – on exam
Uniform: Green Trim w/ patches

4TH GUP GREEN – 3RD GUP RED 1 STEPS WORKSHEET

One-Steps

Right Punch Attack

Left Punch Attack

Right Jab/Punch Attack

Left Jab/Punch Attack

1 Step Kick Right

1 Step Kick Left

Seminars / Certificates Earned

4TH GUP GREEN – 3RD GUP RED 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 <i>or</i> <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

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