

5TH TO 4TH GREEN

10 Classes to test for RED, WHITE and BLUE Stripes - 20 Classes to test

1 Tournament Patch

2 Course Certificates from Green – Red

Red Stripe Forms

Basic Forms Numbers 5

Intermediate Form Number 3

White Stripe - 1 Steps

Right Punch Defense (Students)

Left Punch Defense (Students)

Right Kick Defense (Students)

Left Kick Defense (Students)

White Stripe - Hard Grabs

Front & Rear Bear Hug Defense

2 Hand Front and Rear Choke Defense

1 Arm Rear Choke Defense

Front Hair & Rear Hair Grab Defense

Front Side & Rear Side Choke Defense

Full Nelson Defense

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

Crossing Wrist Grab Trap & Wrap Defense

White Stripe - Escapes

Wrist Grab Escape

Double Wrist Grab Escape

2 Hands Grabbing 1 Escape

Lapel Grab Escape

Side Shoulder Grab Escape

Double Lapel Grab Escape

Ground Pin Escape

Guard Escape

Blue Stripe

Called off hand techniques from forms

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

Inside Shin Take Down

Scissor Sweep (Ground or Jump either R or L)

Hip Throw (R & L)

Inside Hook Sweep

Black Stripe

5 Sparring Classes

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

Green Stripe - Fitness

10 Knuckle Push Ups

50 Crunches

40 Jumps Over Target

2 Minute in Horse Stance

15 Seconds in Front Stance

15 Seconds in Back Stance

Yellow Stripe – Board Breaking

1 Board Flying Side Kick

1 Board Any Hand Technique

Essay Requirements

None

Word Definition:

Teamwork – on exam

Uniform:

Green Trim w/ patches

5TH GUP GREEN – 4TH GUP GREEN 1 STEPS WORKSHEET

One-Steps

Right Punch Attack

Left Punch Attack

1 Step Kick Right

1 Step Kick Left

Seminars / Certificates Earned

5TH GUP GREEN – 4TH GUP GREEN 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: _____	
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)	

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 (list) _____

All Students – Tournament Division(s) Competed in (list) _____

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

5TH GREEN - 4TH GREEN EXAM

Student's Full Name: _____

Age: _____

Parent's Full Name: _____

My Goal is to earn my 3rd Gup Red Belt by (Approximately 3-4 Months)

___/___/___

*The marks below are for instructors to fill out. They represent an appraisal of your child's achievement and effort toward master of the skills and knowledge for the rank of Yellow Belt as established by **The Way Institute of Martial Arts**.*

√=Correct / Circled items need work
 1=Poor / 2=Needs Work / 3=Good / 4=Very Good / 5=Excellent

Uniform / Success Manual / Word Definition

- Appropriate Uniform Clean and correctly tied School Patch Flag Patches
 Success Manual Teamwork Definition

Class Behavior:

	1	2	3	4	5	Comments
Polite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Energy Level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Obeys Rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Attitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Listens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Respectful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Class Behavior:

	1	2	3	4	5	Comments
Raises Hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Tries Hard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Gets Along	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Bows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Practices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Yes Sir/Ma'am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

FORMS (RED) FOCUS, STANCE, POWER, HEADSNAP, TIMING, THRUST, WIND-UP, FIRE

AVE. FORMS GRADE _____

Basic Form #5 _____

Intermediate #3 _____

PARTNER MATERIAL (White)

Partner GRADE

One Steps Punching

R. _____ L. _____

One Step Kicking

R. _____ L. _____

HARD SELF DEFENSE GRABS

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Rear Bear Hug | <input type="checkbox"/> Rear 1 Arm Choke | <input type="checkbox"/> Front Hair Grab | <input type="checkbox"/> F. Side Choke |
| <input type="checkbox"/> Front Bear Hug | <input type="checkbox"/> Rear 2 Hand Choke | <input type="checkbox"/> Rear Hair Grab | <input type="checkbox"/> R. Side Choke |
| <input type="checkbox"/> Front Choke | <input type="checkbox"/> Full Nelson | | |

SOFT GRAB LOCKS

- | | | | |
|---|--|---|--------------------------------------|
| <input type="checkbox"/> Crossing Wrist – Arm Bar | <input type="checkbox"/> Side Shoulder Lock | <input type="checkbox"/> Lapel – Wrist Lock | <input type="checkbox"/> Trap & Wrap |
| <input type="checkbox"/> 2 Hands – Hammer Lock | <input type="checkbox"/> Side Shoulder Arm Bar | <input type="checkbox"/> Lapel – Twist Lock | |

ESCAPES

- | | | | |
|---|---|---|-------------------------------------|
| <input type="checkbox"/> Wrist Grab – Escape | <input type="checkbox"/> 2 Hands vs. 1 – Escape | <input type="checkbox"/> Side Shoulder Grab | <input type="checkbox"/> Ground Pin |
| <input type="checkbox"/> 2 Hands vs. 2 – Escape | <input type="checkbox"/> Lapel Grab – Escape | <input type="checkbox"/> Double Lapel Grab | <input type="checkbox"/> Guard |

The Way Institute of Martial Arts

ORANGE – THROWS & TAKE-DOWNS

Throwing GRADE _____

- Foot Sweep Shoulder Drop Dead Tree Shin Take Down
- Scissor Sweep (jump) Hip Throw Inside Hook Sweep

COMBINATIONS (Blue)

Combinations GRADE _____

LINEAR

Front _____ Side _____ Back _____ Side _____
 Front _____ Back _____ Side _____

CIRCULAR

Outside _____ Inside _____ Hook _____ Round _____ Heel _____
 Round _____ Butterfly _____ Heel _____

Hand Combination _____
 Target Holding _____

SPARRING (Black) *Grade from Class Participation* _____

Sparring GRADE _____

TOURNAMENTS & SEMINARS

GRADE _____

Tournament Patch (1 at Green to go to Red) Yes No
 Seminars / Certification Completed (4 required for Black Belt) _____

BREAKING (Yellow): 1st Try=5 / 2nd Try=4 / 3rd Try=3 / 4th Try=2 / 5th Try=1 / Didn't Break=0

Hand _____ Foot _____ **GRADE** _____

Exam Comments: _____

Candidate for Black Belt Club Yes No N/A
Conference is Requested Yes No

Overall Feedback **1 2 3 4 5**

Results: Pass Partial Pass _____ Please retake exam on _____

Graded By: _____ **Rank** _____