

**7TH BLUE - 6TH GREEN EXAM**

Student's Full Name: \_\_\_\_\_

Age: \_\_\_\_\_

Parent's Full Name: \_\_\_\_\_

My Goal is to earn my 5<sup>th</sup> Gup Green Belt by (Approximately 2-3 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**

- |  |   |                                       |                                       |
|--|---|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Appropriate Uniform | <input type="checkbox"/> Clean and correctly tied | <input type="checkbox"/> School Patch | <input type="checkbox"/> Flag Patches |
| <input type="checkbox"/> Success Manual      | <input type="checkbox"/> Concentration 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)**

**AVE. FORMS GRADE**

**FOCUS, STANCE, POWER, HEADSNAP, TIMING, THRUST, WIND-UP, FIRE**

Basic Form #3 \_\_\_\_\_

Intermediate #1 \_\_\_\_\_

**PARTNER MATERIAL (White)**

**Partner GRADE**

**One Steps Punching**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

**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    |  |  |  |

**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"/> 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"/> 2 Hands vs. 2 – Escape | <input type="checkbox"/> Lapel Grab – Escape    | <input type="checkbox"/> Double Lapel Grab  |

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**ORANGE – THROWS & TAKE-DOWNS**

**Throwing GRADE**

- Foot Sweep
- Shoulder Drop
- Dead Tree
- Shin Take Down
- Scissor Sweep (jump)

**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):** 1<sup>st</sup> Try=5 / 2<sup>nd</sup> Try=4 / 3<sup>rd</sup> Try=3 / 4<sup>th</sup> Try =2 / 5<sup>th</sup> 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** \_\_\_\_\_

## **6TH GREEN TO 5TH 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 4

Intermediate Form Number 2

### **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

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

### **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

Shin Take Down

Scissor Sweep (Ground or Jump either R or L)

Hip Throw (R & L)

### **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**

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

1 Board Spinning Ball of Foot Round

1 Board Palm Strike

### **Essay Requirements**

None

**Word Definition:** Courtesy – on exam

**Uniform:** Green Trim w/ patches

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**6TH GUP GREEN – 5TH GUP GREEN 1 STEPS WORKSHEET**

One-Steps

Right Punch Attack

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Left Punch Attack

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Seminars / Certificates Earned

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## 6TH GUP GREEN – 5TH 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.***

<b>STUDENT'S NAME:</b> _____
<b>RANK TESTING TO:</b> _____ <b>STUDENT'S AGE:</b> _____
<b>BELT SIZE:</b> _____
<b>EXAM FEE:</b> _____ <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

**6TH GREEN - 5TH GREEN EXAM**

Student's Full Name: \_\_\_\_\_

Age: \_\_\_\_\_

Parent's Full Name: \_\_\_\_\_

My Goal is to earn my 4<sup>th</sup> Gup Green Belt by (Approximately 2-3 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**

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**Class Behavior:**

	1	2	3	4	5	Comments
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Listens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
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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)**

**AVE. FORMS GRADE**

**FOCUS, STANCE, POWER, HEADSNAP, TIMING, THRUST, WIND-UP, FIRE**

Basic Form #4 \_\_\_\_\_

Intermediate #2 \_\_\_\_\_

**PARTNER MATERIAL (White)**

**Partner GRADE**

**One Steps Punching**

R. \_\_\_\_\_ L. \_\_\_\_\_

**One Step Kicking**

R. \_\_\_\_\_ L. \_\_\_\_\_

**HARD SELF DEFENSE GRABS**

- |   |  |  |  |
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| <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 |
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ESCAPES

- Wrist Grab – Escape                       2 Hands vs. 1 – Escape                       Side Shoulder Grab                       Ground Pin
- 2 Hands vs. 2 – Escape                       Lapel Grab – Escape                       Double Lapel Grab

ORANGE – THROWS & TAKE-DOWNS

Throwing GRADE

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

COMBINATIONS (Blue)

Combinations GRADE

LINEAR

Front \_\_\_\_\_ Side \_\_\_\_\_ Back \_\_\_\_\_ Side \_\_\_\_\_  
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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): 1<sup>st</sup> Try=5 / 2<sup>nd</sup> Try=4 / 3<sup>rd</sup> Try=3 / 4<sup>th</sup> Try=2 / 5<sup>th</sup> 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 \_\_\_\_\_