

7TH BLUE TO 6TH GREEN

**10 classes to test for RED, WHITE and BLUE stripes - 20 classes to test
1 Tournament Patch**

Red Stripe Forms

Basic Forms Number 3
Intermediate Form Number 1

White Stripe - 1 Steps

Blue Belt #2 Advanced Punch Defense
Blue Belt #1 Advanced Punch Defense
1 Kick Defense (Students)
(Adults Right and Left)

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

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

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

Blue Stripe

Called off hand techniques from forms
Ground Linear Kicking Combination

Ground Circular Kicking Combination
Jump Circular Kicking Combination (add Jump
Turning Heel)
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)

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 Stepping Front
1 Board Hammerfist

Essay Requirements

What does Green Belt mean to me?

Word Definition: Concentration – on exam

Uniform: White w/ patches

7TH GUP BLUE – 6TH GUP GREEN 1 STEPS WORKSHEET

Blue Belt #1 – (Right Face Punch Attack)

Side step to the left with left foot in a front stance and execute a right knifehand Block Grab
Right ball of the foot round kick.
Step forward and arm bar.
Standing left chop to head.
Grab attacker’s wrist with both hands.
Step back and twist lock attacker to the ground.
Right inside crescent kick stomp - Kiyap

Blue Belt #1 – (Left Face Punch Attack)

From Fighting Stance:
Inside Crescent kick side kick
Turning Elbow
Scissors Sweep.
Axe kick to stomach. Backward shoulder roll to fighting stance.

1 Step Kick Right

1 Step Kick Left

7TH GUP BLUE – 6TH 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: _____	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

7TH BLUE - 6TH GREEN EXAM

Student's Full Name: _____

Age: _____

Parent's Full Name: _____

My Goal is to earn my 5th 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

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

- Rear Bear Hug Rear 1 Arm Choke Front Hair Grab F. Side Choke
 Front Bear Hug Rear 2 Hand Choke Rear Hair Grab R. Side Choke
 Front Choke

SOFT GRAB LOCKS

- Crossing Wrist – Arm Bar Side Shoulder Lock Lapel – Wrist Lock
 2 Hands – Hammer Lock Side Shoulder Arm Bar Lapel – Twist Lock

ESCAPES

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

The Way Institute of Martial Arts

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): 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

1 2 3 4 5

Overall Feedback _____

Results: Pass Partial Pass _____ Please retake exam on _____

Graded By: _____ **Rank** _____