

## **WHITE TO YELLOW TEST REQUIREMENTS**

10 classes to test for RED, WHITE and BLUE stripes - 20 classes to test

Ages 4-6

### **Red Stripe Forms**

1/2 Basic Form Number 1  
Falling Form

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

Defense against Punch  
Inside Block  
Knife hand

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

Front Bear Hug Defense  
Rear Bear Hug Defense

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

None

### **White Stripe - Escapes**

Wrist Grab Escape

### **Blue Stripe**

Blocks: Low, Knife Hand, High Block, Inside Block  
Standing Jab, Standing Reverse Punch  
Stepping Face Punch, Stepping Center Punch  
Front Kick, Side Kick  
Front Stance, Back Stance, Horse Stance, Ready  
Stance, Fighting Stance

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

Foot Sweep

### **Black Stripe**

Footsweeping

### **Yellow Stripe - Safety**

911 & Home Phone

### **Green Stripe - Fitness**

Patches On Uniform  
10 Palm push ups  
20 Crunches  
10 Jumps Over Target  
30 Seconds in Horse Stance  
15 Seconds in Front Stance  
15 Seconds in Back Stance

**Word Definition:** Respect – on exam

**Master Instructor:** Master Ercolono

**Uniform:** White w/ patches

**6 Basic Positions:** Ready, At Ease, Listen  
Fighting, Attention &  
Bow

**4 Directions:** Mirror, Front Door,  
Red Wall & Back Door

**3 Lines:** Front Line, Class Line  
& Back Line

## WHITE – YELLOW 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 (*found on current belt*): \_\_\_\_\_

EXAM FEE: \_\_\_\_\_ Check Cash *or* Charge (card on file yes 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

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

**Masters Club Member** (*Black Belts Only*)  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

