

GOING FOR "BLACK BELT"



**WESTSTAR
MARTIAL ARTS**

BLUE

NAME: _____ **START DATE :** _____ **GRADING DATE :** _____

- I am committed to getting my ORANGE Belt.
- I am committed to applying the same dedication to my school work.
- I am committed to be on my best behaviour at school and martial arts.

MOTIVATORS

- Winners Never Quit, Quitters never win.
- The goals you set are the goals you get.
- We fall down to learn how to get up.
- Young fit and strong, committed to Black Belt Excellence.

MINIMUM 20 REGULAR CLASSES (get signed at each class)

LEADERSHIP : Helping out in Bright Stars classes

--	--	--	--	--	--

CLASS REQUIREMENTS

KICKBOXING

- Front leg turning kick
- Rear leg turning kick
- Slide front turning kick
- Spinning back kick
- Jumping front kick

SELF DEFENCE

- Breakfall from standing
- Neck grabs; Single and Double
- Headlock defence. Standing
- Headlock hold to side pin to top (GP1-GP3)

FORMS

- Multiple Defence 2

MINIMUM GRADING TEST

- Multiple Defence, Kickboxing, Self Defence skills.
- 10 Breakfalls.
- 10 push ups, 10 sit ups, 10 Squats.
- 2 by 30 seconds on Focus Mitts.
- 1 by 30 seconds on Strike Shield.
- 3 by 1 minute rounds of Sparring.

BELTS

- White
- Yellow
- Green
- Blue
- Orange
- Purple
- Brown 1
- Brown 2
- Red 1
- Red 2

BLACK