

GOING FOR "BLACK BELT"



**WESTSTAR
MARTIAL ARTS**

GREEN

NAME: _____

START DATE : _____

GRADING DATE : _____

- I am committed to getting my BLUE 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

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CLASS REQUIREMENTS

KICKBOXING

- Slide front kick, rear leg front kick
- Switching front kicks
- Slide up side kick
- Jab, side kick, right cross
- Left block, right block (against haymakers), knee/front kick

SELF DEFENCE

- Breakfall from standing, side and rear
- Sleeve grab
- Lapel grab
- Headlock hold to side pin (GP1-GP2)

FORMS

- Multiple Defence 2

MINIMUM GRADING TEST

- Forms.
- 10 Side breakfalls from sitting.
- 8 push ups, 8 sit ups, 8 Squats.
- 2 by 30 seconds on Focus Mitts.
- 1 by 30 seconds on Strike Shield.

BELTS

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

BLACK