

# GOING FOR "BLACK BELT"



**WESTSTAR  
MARTIAL ARTS**

## ORANGE

**NAME:**

**START DATE :**

**GRADING DATE :**

- I am committed to getting my PURPLE 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

- Slide front kick, Rear leg front kick, jumping front kick
- Jab, cross, rear turning, slide up side, spinning back kick
- Back leg side kick
- Hook and Upper Cut
- Four blocks

### SELF DEFENCE

- Wrist grab: hand strike, knee/kick, fighting stance
- Double wrist grab: knee/kick, break out, fighting stance
- Ground defence: defence against a choke from top position

### FORMS

- Multiple Defence 3

### 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**