

GOING FOR "BLACK BELT"



**WESTSTAR
MARTIAL ARTS**

PURPLE

NAME: _____

START DATE : _____

GRADING DATE : _____

- I am committed to getting my BROWN 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 side kick, jumping back kick, jumping side kick
- Blocking and punching. (random moves)
- Jab, cross, hook, upper cut
- Slipping the left and right punch (on pads)

SELF DEFENCE

- Shirt grab: Hand Strike. Knee/kick, break out, fighting stance
- Double shirt grab: double palm 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.
- 15 Breakfalls.
- 15 push ups, 15 sit ups, 15 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