

# GOING FOR "BLACK BELT"



**WESTSTAR  
MARTIAL ARTS**

## RED 2

**NAME:**

**START DATE :**

**GRADING DATE :**

- I am committed to getting my BLACK 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 30 REGULAR CLASSES (get signed at each class)


### LEADERSHIP : Helping out in Bright Stars classes

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## CLASS REQUIREMENTS

### KICKBOXING

- Spinning crescent kick
- Back leg jumping front kick
- Slide up side kick, jump spinning heel
- Inside axe, outside axe, spinning crescent, spinning heel, jump spinning back kick

### SELF DEFENCE

- Simple Throw against a grab or punch, continue to:
- Ground Positions 1 to 3
- Ground defence against punch and choke, to stand, to fighting stance, Kiai
- Double palm, elbow, stand
- Wrist take down from hand in face

### FORMS

- Multiple Defence 5

### MINIMUM GRADING TEST

- Multiple Defence, Kickboxing, Self Defence skills, Board Breaks
- 35 Breakfalls.
- 35 push ups, 35 sit ups, 35 Squats.
- 6 by 30 seconds on Focus Mitts.
- 6 by 30 seconds on Strike Shield.
- 8 by 1 minute rounds of Sparring.

## BELTS

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

**BLACK**