

GOING FOR "BLACK BELT"



WESTSTAR
MARTIAL ARTS

RED

NAME: _____

START DATE : _____

GRADING DATE : _____

- I am committed to getting my RED 2 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

- 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
- Ground Positions 1 to 3
- Ground defence against punch and choke, to stand, to fighting stance, Kiai
- Pull through from hand in face

FORMS

- Multiple Defence 5

MINIMUM GRADING TEST

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

BELTS

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

BLACK