

GOING FOR "BLACK BELT"



WHITE

NAME:

START DATE :

GRADING DATE :

- I am committed to getting my YELLOW 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.

10 REGULAR CLASSES (get signed at each class)

CLASS REQUIREMENTS

KICKBOXING

- Left and right punch
- Left and right elbow
- Left and right knee
- Left and right front kick, front leg side kick
- Blocking a punch (left and right haymaker)
- Low, middle and high blocking
- Single punch (haymaker) block, strike (elbow/palm/punch)

SELF DEFENCE

- Break fall from sitting
- Single wrist grab
- Double wrist grab
- Headlock hold on ground

FORMS

- Multiple Defence 1

MINIMUM GRADING TEST

- Forms.
- 10 break falls from sitting.
- 5 push ups, 5 sit ups, 5 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