

GOING FOR "BLACK BELT"



YELLOW

NAME: _____

START DATE : _____

GRADING DATE : _____

- I am committed to getting my GREEN 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.

15 REGULAR CLASSES (get signed at each class)

CLASS REQUIREMENTS

KICKBOXING

- Slide up Front kick
- Switching knees
- Left jab, right cross, knee
- Left jab, right cross. Front kick
- Single punch (haymaker) block, elbow/palm/punch, knee/kick
- Random blocking (can be done on focus mitts)

SELF DEFENCE

- Breakfall from sitting
- Cross wrist grab
- Twin wrist grab
- Headlock hold on ground

FORMS

- Multiple Defence 1

MINIMUM GRADING TEST

- Forms.
- 10 Side breakfalls from sitting.
- 8 push ups, 8 sit ups, 8 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