Charlotte Martial Arts Academy
Testing Requirements

High White Belt Curriculum

To be considered for testing to the next belt you must complete all of the following **one week *prior*** to testing day...

- Purchase required equipment: Hand pads, mouthpiece and groin cup (males only)
- Earned all colored Achievement Stripes
- Earned Pre-Test Stripe (Black)
- Earned a *minimum* of 16 Curriculum Class Credits
- Turn in all completed homework assignments
- Turn in completed Parent/Teacher Permission Slip
- Pay Testing Fee
- Earned Testing Stripe (Red/Gold Dragon)

Combinations (2 Blue Stripes) -

1 Step jab, cross punch, back leg snap kick
2 Shuffle front leg snap kick, high jab, low cross punch

Self-Defense (1 Red Stripe) -

Escape from wrist grab (single cross grab)

Defense (1 Orange Stripe) -

Defend straight punches

Basics (1 Green Stripe) -

3 Count snap kick

Homework -

Six Tasks Journal 1 - 50 Acts of kindness, courtesy and respect

- On testing day, please do the following...

- *Wear a full, clean uniform with patch*
- *Bring all required equipment & board*
- *Arrive 10 minutes prior to scheduled start time*
- *Bring your family and friends, you will be awarded your belt and allowed to break your board if you pass*