

# Charlotte Martial Arts Academy

## Testing Requirements

### High Yellow 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: None
- 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)

#### **Kata (2 Blue Stripes) Kihon-Tekina** 基本的な -

10 moves. Begin in ready position, step to the left into left front stance with left down block, step forwards into right front stance with right middle punch, step 180 degrees to the right into right front stance with right down block, step forwards into left front stance with left middle punch, step left 90 degrees into left front stance with down block, step forwards into right front stance with high block, step forwards into left front stance with middle punch, step backwards into right back stance with double knife block, step backwards into right back stance with double knife block & step back into ready position.

#### **Self-Defense (1 Red Stripe) -**

Escape from wrist grab (double wrist grab)

#### **Defense (1 Orange Stripe) -**

Defend side kick

#### **Basics (1 Green Stripe) -**

4 Count side kick

#### **Homework -**

Six Tasks Journal 3 - 1000 Repetitions

#### **- 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*