

Charlotte Martial Arts Academy

Testing Requirements

White Belt Curriculum

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

- Purchase required equipment: Official school uniform and patch
- Earned all colored Achievement Stripes
- Earned Pre-Test Stripe (Black)
- Earned a *minimum* of 8 Curriculum Class Credits
- Turn in completed Parent/Teacher Permission Slip
- Pay Testing Fee
- Earned Testing Stripe (Red/Gold Dragon)

Techniques (2 Blue Stripes) -

- 1 Attention, Bow & Position
- 2 Jab, cross, back leg snap kick & cross behind side kick

Memorize Student Creed (1 Red Stripe) -

I am a student of Charlotte Martial Arts Academy. I strive to improve myself and my world. I train for discipline, honor, peace and respect. I am a Martial Artist.

Basics (2 Green Stripe) -

- 1 Backward breakfall
- 2 Standing up in base

On testing day, please do the following...

- *Wear a full, clean uniform with patch*
- *Bring board*
- *Belt will be presented and board broken during the last 10 minutes of class*
- *Bring your family and friends, you will be awarded your belt and allowed to break your board if you pass*