

Charlotte Martial Arts Academy

Testing Requirements

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: Foot pads and shin pads
- 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 hammer fist, cross behind side kick, cross punch
- 2 Fading side kick, back low parry, front high parry, back high cross

Self-Defense (1 Red Stripe) -

Escape from wrist grab (single same-side grab)

Defense (1 Orange Stripe) -

Defend snap kick

Basics (1 Green Stripe) -

4 Count snap kick

Homework -

Six Tasks Journal 2 - 50 Acts of home help

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*