

# Charlotte Martial Arts Academy

## Testing Requirements

### Green 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: Nunchaku
- Earned all colored Achievement Stripes
- Earned Pre-Test Stripe (Black)
- Earned a *minimum* of 24 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 (3 Blue Stripes) -

- 1 Lunge trap/low cross, front low parry, cross punch, front hook punch
- 2 Step jab, shuffle front round kick, cross behind side kick, hammer fist, low cross
- 3 Step jab, cross, front hook, front snap kick, back low round kick (S.I.F.), back round kick (S.I.F.)

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

Escape from a standing rear choke

#### Defense (1 Orange Stripe) -

Defend hook punch

#### Basics (2 Green Stripe) -

- 3 count round kick
- Figure 8 with Nunchaku (up and down)

#### Homework -

Six Tasks Journal 4 - 5 days of healthy eating

#### 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*