

Charlotte Martial Arts Academy

Testing Requirements

Blue 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: Chest guard
- Earned all colored Achievement Stripes
- Earned Pre-Test Stripe (Black)
- Earned a *minimum* of 30 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) - Seishin 精神

Self-Defense (2 Red Stripe) -

Escape from a bear hug (under & over)

Defense (1 Orange Stripe) -

Defend hook kick

Basics (3 Green Stripe) -

4 count hook/round kick

Side rolls with Nunchaku

7 count Nunchaku routine

Homework -

Six Tasks Journal 6 - Reading and Writing

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*