

# Charlotte Martial Arts Academy

## Testing Requirements

### High 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: Boxing Gloves and jump rope
- 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)

#### Combinations - (3 Blue Stripes) -

- 1 Step Jab, cross, front low parry, cover front, back leg snap kick (S.I.F.), back leg round kick (S.I.F.), cross punch, front hook punch
- 2 Rear shoulder roll, back high parry, front high parry, front low snap kick, jump back leg snap kick (S.I.F.), spin hammer fist, low cross punch
- 3 Shuffle back front leg low snap kick, jab, cross, front hook punch, back knee, back knee (S.I.F.), back leg sweep

#### Self-Defense (2 Red Stripe) -

- Sweep from a round kick
- Sweep from a cross punch

#### Defense (1 Orange Stripe) -

- Defend low kicks

#### Grappling Escapes (4 Green Stripe) -

- From top mount: bump and roll to guard
- From guard: smash, staple and pass to side mount
- From side mount: control leg, twist and roll to back press
- From back press: hug, bump and roll to half mount then pass to mount

#### Homework -

- Write and share history of one famous martial artist (two page report with photos and biography)

#### 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*