

# Charlotte Martial Arts Academy

## Testing Requirements

### High Red 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: None
- 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 - (3 Blue Stripes)** Kiritsu 規律 (discipline)

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

Single/double leg takedowns

**Defense (1 Orange Stripe) -**

Sprawl counter to single/double leg takedowns

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

From top mount: bump and swim to guard

From guard: dig, lift, smash and pass to side mount

From side mount: bump, post and shrimp to guard

From back press: flying side twist, roll to stomach and control position

**Homework -**

Write, direct and produce your own video of your journey in the martial arts. Please include... Your name, age, rank, when you began, why you began, what you have learned, your favorite things about the martial arts and how has the martial arts helped you outside of the school. Then include a brief performance of you demonstrating a your favorite combination or kata. Videos may be turned in on USB drive or CD.

**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*