

# Charlotte Martial Arts Academy

## Beginner Requirements and Testing Info

### Beginner Curriculum Level 1

#### Combinations (2 Blue Stripes) -

- 1 Step jab, cross punch, back leg snap kick
- 2 Shuffle front leg snap kick, high jab, low cross punch

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

Escape from wrist grab (single cross grab)

#### Basics (1 Green Stripe) -

3 Count Snap Kick

#### Homework -

Six Tasks Journal 1 - 50 Acts of kindness, courtesy and respect

**To be eligible for testing on February 20th @ 1110AM you must complete the following items by February 13th...**

- *Parental/Teacher Permission slip*
- *Testing fee of \$20*
- *Six Tasks Journal 1*
- *Red/Gold Dragon Testing Stripe (Will earn Testing Stripe when everything else is done!)*

#### **- On testing day, please do the following...**

- *wear a full, clean appropriate 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.*

(Makeup testing day will be on Thursday, February 25th at 610pm, there is an additional charge of \$10 for makeup testing. If you are unable to attend the makeup testing, testing may be scheduled privately with Sensei for an additional fee.)