

Charlotte Martial Arts Academy

Intermediate Requirements and Testing Info

Intermediate Curriculum Level 1

Combinations (3 Blue Stripes) -

1. Jab/back oblique kick (step thru), back low side kick, shuffle front side kick, hammer fist, cross punch, uppercut, back leg knee (S.I.F.)
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. Front leg low-high round kick, front hammer fist, rear lunge punch, spin hook kick

Self-Defense (1 Red Stripe) -

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

Basics (Green Stripe) -

Grappling combination #1 - Takedown into guard, dig & post to side mount, roll to back press, roll to half mount then full mount, bump & shrimp to guard and repeat with opposite positions.

Homework -

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

To be eligible for testing on April 24th @ 110PM you must complete the following items by April 17th...

- *Parental/Teacher Permission slip*
- *Testing fee of \$40*
- *Historical Essay*
- *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, April 29th at 610PM, there is an additional charge of \$20 for makeup testing. If you are unable to attend the makeup testing, testing may be scheduled privately with Sensei for an additional fee.)