

# Charlotte Martial Arts Academy

## Novice Requirements and Testing Info

### Novice Curriculum Level 1

#### Combinations (3 Blue Stripes) -

1. Lunge Trap/Low Cross, Front Low Parry, Cross Punch, Front Hook Punch
2. Step Jab, Shuffle Front Round Kick, Cross Behind Side Kick, Hammer Fist, Low Cross
3. Step Jab, Cross, Front Hook, Front Snap Kick, Back Low Round Kick (S.I.F), Back High Round Kick (S.I.F)

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

Escape from a standing rear choke

#### Basics (Green Stripe) -

- 3 count round kick
- 6 count nunchuka combination

#### Homework -

Six Tasks Journal 4 (Self-Discipline)

**To be eligible for testing on March 27th @ 1110AM you must complete the following items by March 20th...**

- *Parental/Teacher Permission slip*
- *Testing fee of \$30*
- *Six Tasks Journal 4*
- *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 1st, 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.)