

Charlotte Martial Arts Academy

Intermediate Requirements and Testing Info

Intermediate Curriculum Level 2

Combinations (1 Blue Stripe) -

1. Step jab, cross, back leg crescent kick (S.I.F.), back leg low round kick (S.I.F.), back knee strike (S.I.F.), back horizontal elbow strike.
2. Step jump back leg side kick, spin side kick, jab, cross, front hook, back overhand.
3. Lunge trap & low cross, spin hook kick (S.I.F.), shuffle front snap kick, cross, front ridge hand, spin iron broom.

Self-Defense (2 Red Stripe) -

- Standing arm bar
- Standing figure-4

Basics (4 Green Stripe) -

One escape from the top mount, side mount, back press and guard.

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.

To be eligible for testing on August 28th @ 1210PM you must complete the following items by August 21st...

- *Parental/Teacher Permission slip*
- *Minimum of 32 curriculum class credits*
- *Testing fee of \$40*
- *Video Project*
- *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 Wednesday, September 1st 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.)