

Charlotte Martial Arts Academy

Advanced Requirements and Testing Info

Advanced Curriculum Level 2

Bo Staff Kata (2 Blue Stripes) - Shi o uzumaki 死を渦巻き

Self-Defense (4 Red Stripes) -

Figure-4, arm bar and choke from all four basic positions (Each stripe is for knowledge of three submissions from one position.)

Take-Downs (3 Orange) -

Ippon Seionage, Osotomakikomi & Shihonage

Basics (3 Green Stripes) -

Tornado Kick

Jump Spinning Side Kick

Wheel Kick

Homework -

Empathy Project

Sparring/Grappling -

Must document and complete a minimum of 50, 3 minute rounds of sparring and or grappling at CMAA.

To be eligible for testing on December 11th @ 8am you must complete the following items by December 04th...

- *Parental/Teacher Permission slip*
- *Minimum of 45 Curriculum Classes*
- *Empathy Project completed*
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- **On testing day, please do the following...**
- *Wear a full, clean appropriate uniform with patch*
- *Bring all required equipment & arrive 10 minutes prior to scheduled start time*

(Makeup testing day will be on scheduled as needed, there is an additional charge of \$30 for makeup testing. If you are unable to attend the makeup testing, testing may be scheduled privately with Sensei for an additional fee.)