

# Charlotte Martial Arts Academy

## Beginner Requirements and Testing Info

### White Belt Curriculum

#### Techniques (2 Blue Stripes) -

Attention, bow and position

Jab, cross, back leg snap kick, cross behind side kick

#### Student Creed (1 Red Stripe) -

Official student creed (I am a student of Charlotte Martial Arts Academy. I strive to improve myself and my world. I train for discipline, honor, peace and respect. I am a Martial Artist.)

#### Basics (2 Green Stripes) -

Backward break fall

Standing up in base

#### Homework -

Earn \$5 by doing chores around the house to buy your official CMAA School Patch.

#### To be eligible for testing after your 8th class, you must do the following...

- *Testing fee of \$20*
- *School Patch sewn on Uniform Jacket*
- *Red/Gold Dragon Testing Stripe (Will earn Testing Stripe when everything is done and you are ready to test!)*
- **On testing day, please do the following...**
  - *wear a full, clean appropriate uniform with patch*
  - *bring your decorated board*
  - *bring your family and friends, you will be awarded your belt and allowed to break your board if you pass at the end of class!!*