

Charlotte Martial Arts Academy

Testing Requirements

High Green Belt Curriculum

To be considered for testing to the next belt you must complete all of the following **one week prior** to testing day...

- Purchase required equipment: Headgear w/ face cage
- Earned all colored Achievement Stripes
- Earned Pre-Test Stripe (Black)
- Earned a *minimum* of 24 Curriculum Class Credits
- Turn in all completed homework assignments
- Turn in completed Parent/Teacher Permission Slip
- Pay Testing Fee
- Earned Testing Stripe (Red/Gold Dragon)

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 Step jab, step jab, back leg snap kick (S.I.F.), spin side kick, jab, cross, front hook, back uppercut
- 3 Front leg low-high round kick, front hammer fist, rear lunge punch, spin hook kick

Self-Defense (1 Red Stripe) -

Escape from a standing reverse choke

Defense (1 Orange Stripe) -

Defend round kick

Basics (2 Green Stripe) -

- 3 count round kick
- Figure 8 & hand changes with Nunchaku (up and down)

Homework -

Six Tasks Journal 5 - Mentoring

On testing day, please do the following...

- *Wear a full, clean 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*