

Charlotte Martial Arts Academy

Testing Requirements

Red 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: None
- Earned all colored Achievement Stripes
- Earned Pre-Test Stripe (Black)
- Earned a *minimum* of 30 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. 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

Defense (1 Orange Stripe) -

- Defend hook kick/crescent kick

Grappling Escapes (4 Green Stripe) -

- From top mount: bump and swim to guard
- From guard: dig, lift, smash and pass to side mount
- From side mount: bump, post and shrimp to guard
- From back press: flying side twist, roll to stomach and control position

Homework -

“Journey to Black Belt” art project. In any media of your choice, please create a work of art representing you and your journey in the martial arts towards your Black Belt.

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*