

edr

PARENTS NAME (if under 18)

STUDENTS NAME

PARENTS LETTER OF RECOMMENDATION

(write legibly - to be read in class)

* We will charge the card on file for the Belt Fee and Masters Review

Parents signature

Brown and Red Belt Testing Form

GRADING

- STAR** In the top 25% for their Belt / Their personal best
- Q** At appropriate skill level for their belt
- P** Passing - Private recommended
- RT** Did NOT know, Re-test in this skill

STUDENT NAME _____

STUDENTS CURRENT RANK _____

JUDGES NAME _____

PUSH UPS		Number	THE GOOD	CAN BE EVEN BETTER
	Maximum push ups in 30 seconds			
LINE DRILLS		Grade	THE GOOD	CAN BE EVEN BETTER
	Front Punch Front Stance Inside Block - double punch KnifeHand Guard - Back - Reverse Punch Front Slide up Side Kick (left & right)			
Kicks & combos		Grade	THE GOOD	CAN BE EVEN BETTER
line up & stagger partner	Back Leg Round Kick			
	Back Leg Ax Kick			
	Outside Crescent Kick			
	Jump Front Kick			
	Spin Crescent - Red with jump			
	Spin Hook Kick - Red with Jump			
	Jump Back Kick - Red 360 jump back			
FORMS		Number	THE GOOD	CAN BE EVEN BETTER
	See Rotations			
SELF DEFENSE		Grade	THE GOOD	CAN BE EVEN BETTER
partner	Rotational One Step			
	Rotational Grab			
	Rotational Ground			
PAD DRILL		Grade	THE GOOD	CAN BE EVEN BETTER
judges hold pads	Brown = cama 1			
	Brown1=cama 1&2			
	Brown2= cama 1,2&3			
SPARRING		Grade	THE GOOD	CAN BE EVEN BETTER
judges on floor				
BOARD BREAK		Grade	THE GOOD	CAN BE EVEN BETTER
brown = flying side	Red = Jump back			
brown1= jump back	Red1= jump spin hook			
brown2 = spin hook	Red2 = 360 jump back			