

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 _____

Dragons & Ninja PROMOTION CLASS feedback form

Dragons need 5 stripes to get a new belt

Ninjas need 10 stripes to get a new belt

GRADING

STAR In the top 25% for their Belt / Their personal best

STUDENTS NAME _____

Q At appropriate skill level for their belt

p PRACTICE at HOME

JUDGES NAME _____

NO LINE DRILLS - LINE UP AND SPREAD OUT

STANCES		Grade	THE GOOD	CAN BE EVEN BETTER
	push ups			
	Front Stance			
	Back Stance			
	Horse Stance			
	Stand on 1 leg			
FORMS		Grade	THE GOOD	CAN BE EVEN BETTER
DRAGONS	Beginners Form			
NINJAS	BASICS form #1			
KICKING		Grade	THE GOOD	CAN BE EVEN BETTER
	Back Leg Front Kick			
	Back Leg Ax kick			
	Slide up Side Kick			
advanced ninjas	ROUND KICK			
advanced ninjas	BACK KICK			
PAD DRILL		Grade	THE GOOD	CAN BE EVEN BETTER
dragons	6 punches			
Ninjas	jab cross hook cross			
SELF DEFENSE		Grade	THE GOOD	CAN BE EVEN BETTER
	use voice 360 self defense			
	wrist Grab			
BOARD BREAK		Grade	THE GOOD	CAN BE EVEN BETTER
DRAGONS	PUSH KICK			
NINJAS	SLIDE UP SIDE KICK			