YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

Testing Form for Rank Promotion to GREEN BELT, PURPLE STRIPE

To the Parents/Guardian of the Student: Next week, your son/daughter will be taking the test for certified rank promotion to Green Belt, Purple Stripe. There is a $9 fee to take this test, which is to be paid IN ADDITION TO the regular class fee of $9, for a grand total of $18 for the test and the class. Since the $9 belt test fee is an extra cost, NO STUDENT IS REQUIRED TO TAKE THIS TEST.

Please assist your child in practicing the techniques listed below so that their confidence level will be at its highest when they take the test. Please print your child's name on this test form in the blank at the bottom of the page. You will need to give this testing form next week to the instructor, along with $18 (again, $9 for the test and $9 for the class).

To the Student: Below are listed the ten technique requirements for certified rank promotion to Green Belt, Purple Stripe. Please practice these requirements as much as possible before next week's test. Your family, friends, and others can help you prepare for this test**.** ***DECIDE*** **to do your best on this test,** ***COMMIT*** **to practicing these requirements as often as you can, and you will surely** ***SUCCEED*****.**

THE GREEN BELT, PURPLE STRIPE TEST REQUIREMENTS

1. Low X Block
2. Middle Block – Outside Low Block Combination
3. Back Fist Strike
4. Hammer Fist Strike
5. Hook Kick
6. Jumping Front Kick
7. Kata (23 techniques)
8. Escape from Rear Bear Hug Grab Attack, Arms Pinned to the Body
9. Escape from Frontal Tackle Attack
10. Student's Choice of Technique

PRINTED name of Student_____

Name of Instructor_____

Date of Testing_____