



# Young Americans Schools of Self-Defense

## **TESTING FORM FOR RANK PROMOTION TO RED BELT, BLACK STRIPE**

**To the Parents of the Student:** Your son/daughter will be taking their Red Belt, Black Stripe examination. There is a \$9.00 fee for this test; the fee also pays for their belt, which they will receive in the last class of the current session. This \$9.00 fee is to be paid *in addition* to the \$7.00 fee for the class – THAT IS \$16 TOTAL (both fees can be placed in their envelope, which they give to the instructor at the beginning of class). It is mandatory that the student also bring this testing form, with their name printed in the blank below, and give it to the instructor prior to the test. A student who does not bring in this form and \$9.00 for the test will not be able to take the test.

**To the Student:** Below are the ten requirements for rank promotion to Red Belt, Black Stripe. You will want to practice all these techniques. Your parents, friends, and significant others can help you prepare for this examination.

I. BACK HAND BLOCK	_____	_____
	Excellent	Needs Improvement
II. RIDGE HAND BLOCK	_____	_____
	Excellent	Needs Improvement
III. WRIST STRIKE	_____	_____
	Excellent	Needs Improvement
IV. DOUBLE FIST STRIKE	_____	_____
	Excellent	Needs Improvement
V. JUMPING DOUBLE FRONT KICK	_____	_____
	Excellent	Needs Improvement
VI. FLYING DOUBLE SIDE KICK	_____	_____
	Excellent	Needs Improvement
VII. KATA	_____	_____
	Excellent	Needs Improvement
VIII. DEFEND/ESCAPE ATTACK FROM TWO ASSAILANTS (one attacker is choking from behind, the other is striking from in front of the victim)	_____	_____
	Excellent	Needs Improvement
IX. DEFEND/ESCAPE ATTACK FROM TWO ASSAILANTS (one attacker grabs the victim's wrist from the side, the other attacker grabs the other wrist)	_____	_____
	Excellent	Needs Improvement
X. STUDENT'S CHOICE OF TECHNIQUE	_____	_____
	Excellent	Needs Improvement

Student Name (please print) \_\_\_\_\_

Instructor \_\_\_\_\_ Passed Test \_\_\_\_\_ Re-take Test \_\_\_\_\_

