

AMERICAN MARTIAL ARTS ACADEMY

TESTING FORM: 4TH GUP GREEN BELT W/BLACK STRIPE TO 3RD GUP RED BELT

Student's Name: _____

TESTING FEE: \$ 25.00

Date: _____

BELT SIZE: _____

Instructor: _____

Current Rank: _____

| |
|------------|
| PD _____ |
| CK # _____ |
| Cash _____ |

| TECHNIQUE | SCORE | COMMENTS |
|--|-----------|----------|
| BLOCKS | | |
| 1) LOW BLOCK VERTICAL FACE BLOCK | 0 1 2 3 4 | |
| STRIKES | | |
| 2) SPINNING BACK FIST w/STEP | 0 1 2 3 4 | |
| SPINNING BACK FIST w/o STEP | 0 1 2 3 4 | |
| 3) CLOSED FISTED RIB BREAK | 0 1 2 3 4 | |
| KICKS | | |
| 4) JUMP REVERSE CRESCENT KICK | 0 1 2 3 4 | |
| 5) JUMP REVERSE HOOK KICK | 0 1 2 3 4 | |
| 7) ROUNDHOUSE/REVERSE HOOK KICK | 0 1 2 3 4 | |
| FORM | | |
| 8) PYUNG AHN SA DAN HYUNG | 0 1 2 3 4 | |
| SELF DEFENSE | | |
| 9) GROUND FIGHTING | 0 1 2 3 4 | |
| ARM BAR COME ALONG | 0 1 2 3 4 | |
| ONE STEPS | | |
| 10) ONE STEP- FIVE COMBINATIONS WITH TAKEDOWNS | 0 1 2 3 4 | |
| SPARRING | | |
| 11) POINT | 0 1 2 3 4 | |

| | |
|-------------------------------------|-------------------------------------|
| JUDGE NAME: _____ | JUDGE INITIALS: _____ |
| RANK EARNED: _____ COMMENTS: _____ | |
| CIRCLE RANK EARNED: | |
| 4-P (4 TH GUP PERMANENT) | 3-T (3 RD GUP TEMPORARY) |
| 3-P (3 RD GUP PERMANENT) | |