

AMERICAN MARTIAL ARTS ACADEMY

TESTING FORM: 6th GUP GREEN BELT TO 5TH GUP GREEN BELT W/ 1 WHITE STRIPE

Student's Name: _____

TESTING FEE: \$ 25.00

Date: _____

BELT SIZE: _____

Instructor: _____

Current Rank: _____

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

| TECHNIQUE | SCORE | COMMENTS |
|------------------------------------------------------------------|------------------------|----------|
| BLOCKS | | |
| 1) V-BLOCK UP | 0 1 2 3 4 | |
| 2) V-BLOCK DOWN | 0 1 2 3 4 | |
| 3) CLOSED DOUBLE HAND HIGH BLOCK | 0 1 2 3 4 | |
| STRIKES | | |
| 4) REVERSE ACTION | 0 1 2 3 4 | |
| 5) FINGERTIP STRIKE | 0 1 2 3 4 | |
| KICKS | | |
| 6) JUMP AX KICK In (1 motion in air) Out | 0 1 2 3 4 0 1 2 3 4 | |
| 7) JUMP FRONT/ROUND KICK | 0 1 2 3 4 | |
| FORM | | |
| 8) PYUNG AHN EE DAN HYUNG | 0 1 2 3 4 | |
| SELF DEFENSE/TAKEDOWNS | | |
| 9) -LEG TRAP catch leg | 0 1 2 3 4 | |
| - LEG SWEEP | 0 1 2 3 4 | |
| ONE STEPS | | |
| 10) 1. Left middle sudo/palm strike to chest/leg sweep take down | 0 1 2 3 4 | |
| 2. RT reverse sudo, Palm strike to face wrist bend #2 take down | 0 1 2 3 4 | |
| 3. Three combos of your own design | 0 1 2 3 4 | |
| SPARRING | | |
| 11) -HANDS ONLY | 0 1 2 3 4 | |
| -FEET ONLY | 0 1 2 3 4 | |
| 12) AMAA Tournament | Y N | |

| | |
|-------------------------------------|-------------------------------------|
| JUDGE NAME: _____ | JUDGE INITIALS: _____ |
| RANK EARNED: _____ | COMMENTS: _____ |
| CIRCLE RANK EARNED: | |
| 6-P (6 TH GUP PERMANENT) | 5-T (5 TH GUP TEMPORARY) |
| 5-P (5 TH GUP PERMANENT) | |