

YOUNG ADULTS - PROBATION BLACK BELT

SECTION 1

Prerequisites

MARK

This section must be completed before submitting grading form, or ZERO will be awarded for this section:

| | |
|---|-------|
| 50 x 3 minute rounds of partner-work, padwork, shadow boxing or bagwork (average of 8 per week) | Y / N |
| To be practiced in or out of class, or at home. Record below and submit this form prior to grading. | (10) |
| W1 __ W2 __ W3 __ W4 __ W5 __ W6 __ W7 __ W8 __ W9 __ W10 __ W11 __ W12 __ TOTAL = 100 | |
| Has your essay been submitted to Sensei Wilkes 2 wks prior to grading. "WHAT MARTIAL ARTS MEANS TO ME" | /10 |
| Include your name and date on the essay and include in the email | /10 |
| Copy of essay brought to the grading in a frame for you to read and hang on the dojo wall. | /10 |
| Pad holder arranged, in uniform and prepared / accustomed to holding your pads? | /10 |
| Are you wearing a neat, clean, ironed uniform - Crest on front & back - Plain black undershirt (or none). | /10 |
| Did you grade a lower level student? | /10 |
| Did you attend a minimum of 18 lessons since your last grading? <i>You can't grade otherwise.</i> | /10 |
| Attitude toward others students | /10 |
| Teaching / passing knowlege on to lower level students. | /10 |

TOTAL /100

SECTION 2

Grading - Technical Component:

MARK

| | |
|-----------------|----|
| Iron Horse | /5 |
| C-Grip Blocking | /5 |
| Amara | /5 |
| Happo Giri | /5 |

SECTION 3

Grading - Self Defence Component:

MARK

| | | | | |
|---|----|----|----|---------|
| Random Self Defence: | | | | |
| Front Positions | 1) | 2) | 3) | /3 |
| Rear Positions | 1) | 2) | 3) | /3 |
| Free Form Self Defence (1x2 min) | | | | /5 |
| Random Weapon Work Testing (attacks called by examiner) | | | | |
| 1) | 2) | 3) | 4) | 5) /5 |
| Syllabus items from white belt to current rank - called by examiner | | | | |
| 1) | 2) | 3) | 4) | 5) |
| 6) | 7) | 8) | 9) | 10) /25 |

SECTION 4

Grading - Physical Component:

| | | | | MARK |
|-----------|-------------------|--|--|------|
| Push-ups | 75 | | | /3 |
| Sit-ups | 75 | | | /3 |
| Squats | 75 | | | /3 |
| Thai Pads | 3x3 Minute Rounds | | | |
| 1) | | | | /5 |
| 2) | | | | /5 |
| 3) | | | | /5 |

SECTION 5

Grading - Sparring / Component:

| Sparring | 5x3 Minute Rounds | | | MARK |
|----------|-------------------|----|----------|------|
| 1) | Won/Lost | 2) | Won/Lost | |
| 3) | Won/Lost | 4) | Won/Lost | |
| 5) | Won/Lost | | | /15 |

TOTAL /100

Grading: General Notes: