



# GRADING FORM

Students First Name \_\_\_\_\_ Current Belt Grade \_\_\_\_\_

Students Surname \_\_\_\_\_ Grading Day & Time \_\_\_\_\_

A true Martial Artist strives to develop themselves in all aspects of their life. Martial Arts without discipline, respect and traditional values is simply fighting. A true student is eager to assist fellow students and is supportive and loyal to their school and their instructors.

### GRADING PREREQUISITES

- |   |  |   |
|---|--|---|
| 1 | Will you have attended ALL three Progress Checks before your grading?  | <input type="checkbox"/> Y <input type="checkbox"/> N |
| 2 | How many classes will you have attended by this grading (since last grading)?<br><i>If less than 18 please see front counter about catch-up lessons.</i> | _____   |
| 3 | Are your training fees fully up-to-date? <i>They must be in order to be graded.</i>  | <input type="checkbox"/> Y <input type="checkbox"/> N |
| 4 | <b>Probation Green Belt and above:</b> Have you completed all required pad rounds?   | <input type="checkbox"/> Y <input type="checkbox"/> N |

### GOAL SETTING

Correct goal setting will ensure you achieve your ambitions. It is a planning tool used by all successful people - "If you fail to plan, you are planning to fail". Goals must be realistic, measurable and have a set date for achievement. "Inch by inch it's a cinch - Yard by yard it's hard"

#### SHORT TERM GOALS - To be achieved in the next 3 months

Your Martial Arts Goals => \_\_\_\_\_

Your External Goals (optional) => \_\_\_\_\_

#### MEDIUM TERM GOALS - To be achieved in the next 12 months

Your Martial Arts Goals => \_\_\_\_\_

Your External Goals (optional) => \_\_\_\_\_

#### LONG TERM GOALS - To be achieved in the next 4 years

Your Martial Arts Goals => \_\_\_\_\_

Your External Goals (optional) => \_\_\_\_\_

### PERSONAL DEVELOPMENT

- |   |   |   |
|---|---|---|
| 7 | Do you attempt to practice the 9 Tenets and Student Creed of Wilkes Martial Arts  | <input type="checkbox"/> Y <input type="checkbox"/> N |
| 8 | Have you shown improvement / made advancements  |   |
|   | 1) in school OR work?   | <input type="checkbox"/> Y <input type="checkbox"/> N |
|   | 2) physical fitness?  | <input type="checkbox"/> Y <input type="checkbox"/> N |
|   | 3) home life and / or community life?   | <input type="checkbox"/> Y <input type="checkbox"/> N |
| 9 | Most training enquiries at our school are thanks to satisfied students, recommending us to others. This ensures long term survival of your school. Have you recommended Wilkes Martial Arts to any non-members / friends or given out any Guest Passes since your last grading. | <input type="checkbox"/> Y <input type="checkbox"/> N |

All grading fees are due BEFORE grading

Grading Fee (includes belt and certificate) **\$35**

- Cash
- Eftpos
- Direct Debit
- Other

Staff \_\_\_\_\_

Equipment required for next level: Boxing Gloves **\$90**

Date \_\_\_\_\_

I \_\_\_\_\_ authorise you to add \$ \_\_\_\_\_ to our \_\_\_\_\_

existing direct debit. Signed by account holder \_\_\_\_\_

## YOUNG ADULTS - WHITE

### Level Notes:

1. The instructor team is always here to help and we especially encourage you to share your training experience with us.

Please let us know if there is anything we can help you with.

2. If you are going to miss a session, we kindly ask that you call and let us know.

### Equipment required for this level.

Bag gloves - To protect your knuckles during padwork.

The team at the front counter are more than happy to help with glove selection.

### Progress Check 1

- |                        |   |
|------------------------|---|
| Fighting Stance & Fist | <i>Both stances</i>   |
| Jab (Punch #1)         | <i>Both stances</i>   |
| Cross (Punch #2)       | <i>Both stances</i>   |
| Round House            | <i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>                |
| Front Kick             | <i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>                |
| Self Defence           | <i>Single wrist grab - same side (prepare &amp; demonstrate two defences - No take-downs)</i> |
| Push-Up                | <i>Demonstrate correct technique</i>  |
| Sit-Up                 | <i>Demonstrate correct technique</i>  |

### Progress Check 2

- |                              |  |
|------------------------------|--|
| Push Kick                    | <i>1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances</i>                   |
| Jab, Cross, Jab (1,2,1)      | <i>1. Stationary 2. Both stances</i>   |
| Jab-Cross-Roundhouse         | <i>1. Stationary 2. Advancing 3. Both stances</i>  |
| Push Kick (lead), Jab, Cross | <i>Both stances</i>  |
| Self Defence                 | <i>Single wrist grab - opposite side (prepare &amp; demonstrate two defences. No take-downs)</i> |
| Self Defence                 | <i>Double wrist grab (prepare and demonstrate two defences. No take-downs)</i>                   |
| Squat                        | <i>Demonstrate correct technique.</i>  |

### Progress Check 3

- |                    |   |
|--------------------|---|
| Training Rule 1:   | <i>"Treat others as you wish to be treated"</i>                     |
| Warmup and Stretch | <i>Prepare your own based on what you have learned (10 minutes)</i> |
| Revision           | <i>Of current syllabus</i>  |