



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? Y N
- 2 How many classes will you have attended by this grading (since last grading)?
If less than 18 please see front counter about catch-up lessons. _____
- 3 Are your training fees fully up-to-date? *They must be in order to be graded.* Y N
- 4 **Probation Yellow Belt and above:** Have you completed all required pad rounds? Y 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 Y N
- 8 Have you shown improvement / made advancements
 - 1) in school OR work? Y N
 - 2) physical fitness? Y N
 - 3) home life and / or community life? Y 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. Y N

All grading fees are due BEFORE grading

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

- Cash
- Eftpos
- Direct Debit
- Other

Staff _____

Date _____

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

existing direct debit. Signed by account holder _____

YOUNG ADULTS - PROBATION YELLOW

Level Notes:

Once you have learnt your techniques they must be practiced on the pads.

Progress Check 1

- Hook (lead #3, rear #4) 1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances
- Forward Knee 1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances
- Downward Elbow 1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances
- J-C-Left Hook-Roundhouse Roundhouse off 1) Back leg - stationary 2) Back leg advancing 3) Front leg stationary
- Self Defence SINGLE hand grab to lapel or shoulder - same side (prepare & demo 2 defences - No takedowns)

Progress Check 2

- Uppercut (Lead #5, Rear #6) 1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances
- Back Kick 1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances
- Inner Crescent Kick 1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances
- Break Falls Demonstrate correct technique
- Self Defence SINGLE hand grab to lapel or shoulder - opposite side (prepare 2 defences. No takedowns)
- Self Defence DOUBLE hand grab to lapel or shoulders (prepare & demonstrate two defences. No takedowns)

Progress Check 3

- Standing With Guard Stand with your guard up without touching your hands on the ground - maintain balance.
- Training Rule # 2: "Learn from those above you and teach the people below you."
- Revise: Previous Level

Grading: Physical Component:

- Push-ups 5
- Sit-ups 5
- Squats 5