



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)?
<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 | Probation Green Belt and above: 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?
2) physical fitness?
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: Mouth Guard **\$27**

Date _____

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

existing direct debit. Signed by account holder _____

YOUNG ADULTS - YELLOW

Level Notes:

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

Progress Check 1

- | | |
|-----------------|--|
| Body Jab (B1) | Use a small lunge to change level to target opponents body |
| Body Cross (B2) | Step lead diagonally outwards, small lunge to change level, strike, step rear leg up after strike |
| Backfist | 1. Stat. alt - Rear then lead 2. Both stances 3. Sliding variation (trap w/ rear - strike w/ lead) |
| Footwork Drill | 2 steps forward, 2 steps backward, 2 steps left, then 2 steps right. Guard up. No punching |
| Self Defence | SINGLE hand REAR grab to shoulder - same side (TWO prepared defences - No takedowns) |

Progress Check 2

- | | |
|---------------------|--|
| Side Thrust Kick | 1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances |
| Buddha Kick | 1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances |
| 360 Roundhouse Kick | Perform in both stances |
| Self Defence | SINGLE hand REAR grab to shoulder - opposite side (TWO prepared defences - No takedowns) |
| Self Defence | DOUBLE hand REAR grab to shoulders (TWO set defences - No takedowns) |

Progress Check 3

- | | |
|-----------------------------|--|
| Personal Combo | Build your own 4 strike combo based on your strengths / favourite techniques |
| 9 Tenets | 1 - 5: Courtesy, Integrity, Perseverance, Self control, Indomitable Spirit. |
| Revise: All Previous Levels | |

Grading: Physical Component:

- | | |
|----------|----|
| Push-ups | 10 |
| Sit-ups | 10 |
| Squats | 10 |