



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 | |
| | | <input type="checkbox"/> | <input type="checkbox"/> | |
| 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> | Y | N | |
| | | <input type="checkbox"/> | <input type="checkbox"/> | |
| 4 | Probation Green Belt and above: Have you completed all required pad rounds? | Y | N | |
| | | <input type="checkbox"/> | <input type="checkbox"/> | |

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 | |
| | | <input type="checkbox"/> | <input type="checkbox"/> | |
| 8 | Have you shown improvement / made advancements | | | |
| | 1) in school OR work? | Y | N | |
| | 2) physical fitness? | <input type="checkbox"/> | <input type="checkbox"/> | |
| | 3) home life and / or community life? | <input type="checkbox"/> | <input type="checkbox"/> | |
| 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 | |
| | | <input type="checkbox"/> | <input type="checkbox"/> | |

All grading fees are due BEFORE grading

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

Equipment required next level: Shin Guards **\$99**

Optional Groin Guard - Men **\$22**

Cash

Eftpos

Direct Debit

Other

Staff _____

Date _____

I _____ authorise you to add \$ _____ to our

existing direct debit. Signed by account holder _____

YOUNG ADULTS - PROBATION ORANGE

Level Notes:

Practical drills begin as of this level. You will require gloves and a mouth guard.

For your partner and your own safety, gloves must meet certain requirements. The team at the front counter are more than happy to help with correct glove selection.

Progress Check 1

Over Hand Punch (L #7, R #8)

Hook Elbow

Footwork with Jab-Cross Drill

Defence Drill: Parrying

Self Defence

1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances

1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances

Perform on pads and combine with advancing and retreating footwork.

With a partner: Defend both jab and cross punches. No counters.

Single handed hair grab - front & rear (TWO prepared defences. No takedowns)

Progress Check 2

Body Rip

Uppercut Elbow

Personal Combo

Defence Drill: Covering

Self Defence

1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances

1. Stationary alternating - Rear then lead 2. Advancing 3. Both stances

Build your own 4 strike combo based on your weaknesses / least favourite techniques

With a partner: Defend against hook punches.

Double handed hair grab - front & rear (TWO prepared defences. No takedowns)

Progress Check 3

3 Directional Elbow

9 Tenets

Revise: All Previous Levels

Downward (R) - Hook (L) - Uppercut (R) Both stances

6-9: Sound Body, Sound Mind, Sound Spirit, Self Mastery. (Practice all 9)

Grading: Physical Component:

Push-ups 15

Sit-ups 15

Squats 15