



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

- | | | | |
|---|--|--------------------------|--------------------------|
| | | Y | N |
| 1 | Will you have attended ALL three Progress Checks before your grading? | <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> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Probation Green Belt and above: Have you completed all required pad rounds? | <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

- | | | | |
|---|---|--------------------------|--------------------------|
| | | Y | N |
| 7 | Do you attempt to practice the 9 Tenets and Student Creed of Wilkes Martial Arts | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | Have you shown improvement / made advancements | | |
| | 1) in school OR work? | <input type="checkbox"/> | <input type="checkbox"/> |
| | 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. | <input type="checkbox"/> | <input type="checkbox"/> |

All grading fees are due BEFORE grading

Grading Fee (includes belt and certificate) **\$40** Cash Staff _____

Equipment required for next level: Nunchakus **\$40** Eftpos _____

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

existing direct debit. Signed by account holder _____

YOUNG ADULTS - ORANGE

Level Notes:

Practical drills now focus on kicking defence. You will require shin guards. For your partner and your own safety, shin guards must meet certain requirements. The team at the front counter are more than happy to help with correct shin guard selection.

Progress Check 1

- | | | | |
|--------------------------|--|--------------|-----------------|
| Outer Crescent Kick | 1. Stationary alternating - Rear then lead | 2. Advancing | 3. Both stances |
| Side Kick | 1. Stationary alternating - Rear then lead | 2. Advancing | 3. Both stances |
| Hopping Push Kick (Rear) | Advancing - Change stance after every kick | | |
| Muay Thai Drill: Check | Partner tells you what side they are kicking with. Defend with correct technique, remain balanced. | | |
| Self Defence | Single throat grab - front (Prepare TWO defences - No takedowns) | | |

Progress Check 2

- | | | | |
|-------------------------------|---|--------------|-----------------|
| Twisting Kick | 1. Stationary alternating - Rear first | 2. Advancing | 3. Both stances |
| Switch Knee | Perform in air and on pads. Ensure footwork is clean and using hips. | | |
| Hopping Front Kick (Lead Leg) | Change stance after every kick | | |
| Defence Drill: Basic Punches | With a partner. Defend against opponents Jab, Cross, Hook and Uppercut at a moderate pace | | |
| Self Defence | Double throat grab - front (Prepare TWO defences - No takedowns) | | |

Progress Check 3

- | | |
|-------------------------------|--|
| Kick Defence Drill: Scoops | With a partner. Opponent uses push kicks, use scoops and side stepping |
| Revise: All Previous Levels | |
| Student Creed: First Sentence | I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health. |

Grading: Physical Component:

- | | |
|----------|----|
| Push-ups | 20 |
| Sit-ups | 20 |
| Squats | 20 |