



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**

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 Staff _____

Optional Equipment for next level: Nunchakus (2nd Pair) **\$40** _____ Date _____

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

existing direct debit. Signed by account holder _____

YOUNG ADULTS - PROBATION BLUE

Level Notes:

Once you have learnt your techniques they must be practiced on the pads. As of this level self defences may now include controlled takedowns. Partner drills: To achieve required fluency they must be well drilled.

Progress Check 1

- | | |
|------------------------|-------------------------------------------------------------------------------------|
| Spinning Backfist | 1. Advancing Change stance after every strike |
| Switch Roundhouse | Move diagonally offline. Pump arms for added power using cross-face guard. |
| Nunchaku Demonstration | Free-form Single Nunchaku - 20 seconds |
| Self Defence | Front bear hug - arms free (Prepare TWO defences - Can use controlled takedowns) |
| Self Defence | Front bear hug - arms trapped (Prepare TWO defences - Can use controlled takedowns) |

Progress Check 2

- | | |
|-------------------------------|------------------------------------------------------------------------------------|
| Back Thrust Kick | 1. Stationary 2. Advancing Change stance after every kick |
| Hopping Side Kick (Lead Leg) | Change stance after every kick. |
| Jab, Cross, Switch Roundhouse | Demonstrate in shadow boxing and on padwork |
| Self Defence | Rear bear hug - arms free (Prepare TWO defences - Can use controlled takedowns) |
| Self Defence | Rear bear hug - arms trapped (Prepare TWO defences - Can use controlled takedowns) |

Progress Check 3

- | | |
|--------------------------------------|-------------------------------------------------------------------------------------------|
| Sparring Demonstration: 4 Move Combo | Use 4 Move combo to show fluency of attacks and speed of defences |
| Revise: All Previous Levels | |
| Student Creed: Second Sentence | I intend to develop self discipline, in order to bring out the best in myself and others. |

Grading: Physical Component:

- | | |
|-----------|---------------|
| Push-ups | 20 |
| Sit-ups | 20 |
| Squats | 20 |
| Thai Pads | 1x2 min round |