



# 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

- |   |  |                          |                          |
|---|--|--------------------------|--------------------------|
|   |  | <b>Y</b>                 | <b>N</b>                 |
| 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)?<br><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 | <b>Probation Green Belt and above:</b> 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

- |   |   |                          |                          |
|---|---|--------------------------|--------------------------|
|   |   | <b>Y</b>                 | <b>N</b>                 |
| 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 \_\_\_\_\_  
 Eftpos  Direct Debit  Other

Equipment required for next level: Sticks **\$40** \_\_\_\_\_ Date \_\_\_\_\_

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

existing direct debit. Signed by account holder \_\_\_\_\_

# YOUNG ADULTS - BLUE

## Level Notes:

Once you have learnt your techniques they must be practiced on the pads.  
 Partner drills: To achieve required fluency they must be well drilled.

## Progress Check 1

- |                              |  |              |                 |
|------------------------------|--|--------------|-----------------|
| Mini Hook Kick               | 1. Stationary alternating - Rear first   | 2. Advancing | 3. Both stances |
| Jumping Front Kick           | <i>(step through - take off and kick with same leg) Change stance after every kick</i> |              |                 |
| Hopping Side Kick (Rear Leg) | <i>Change stance after every kick.</i>   |              |                 |
| Thai Pad Combo 1             | <i>Double Jab, Cross, Jab</i>  |              |                 |
| Thai Pad Combo 2             | <i>Jab, Cross, Roundhouse (Rear leg)</i>   |              |                 |
| Slip Technique               | <i>Shadow boxing format. Use hips and shoulders when slipping.</i>                     |              |                 |

## Progress Check 2

- |                                       |   |
|---------------------------------------|---|
| Switch Cross Punch, Back Thrust Kick  | <i>Change stance each time</i>  |
| Switch Cross Punch, Spinning Backfist | <i>Change stance each time</i>  |
| Kicking Balance Drill                 | <i>Front kick (to the front), Back thrust kick (to the rear), Side thrust kick (to the side)</i><br><i>~ Drill slowly. Develops balance and strength through range of motion.</i> |
| Boxing Partner Drill: Slipping        | <i>Slip Jab and Crosses. Performed at a moderate pace.</i><br><i>~ Balance and technique is more important than doing it fast.</i>  |
| Self Defence                          | <i>Side arm grab a) Single (Prepare TWO defences - Can use controlled Take-downs)</i><br><i>b) Double (Prepare TWO defences - Can use controlled Take-downs)</i>                  |

## Progress Check 3

- Nunchaku Demonstration *OPTION 1: Free-form (40 seconds)*  
*OPTION 2: Double Nunchaku Free-form (20 seconds)*

Revise: All Previous Levels

Student Creed: ALL *I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.*  
*I intend to develop self discipline, in order to bring out the best in myself and others.*  
*I intend to use what I learn in class constructively and defensively, to help myself and*

## Grading: Physical Component:

- |           |               |  |
|-----------|---------------|--|
| Push-ups  | 25            | <i>others, and never to be abusive or offensive.</i> |
| Sit-ups   | 25            |  |
| Squats    | 25            |  |
| Thai Pads | 2x2 min round |  |