



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
Eftpos
Direct Debit
Other

Staff _____

Equipment required for next level: Black Pants **\$40**

Date _____

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

existing direct debit. Signed by account holder _____

YOUNG ADULTS - PROBATION GREEN

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. Rounds start at this level and are a requirement to pass your grading. They may consist of sparring, pad work, BJJ, etc. but must always have a partner with you to make sure you are pushing yourself and developing your technique.

Round Requirements:

5x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

- | | |
|-------------------|----------------------------------------------------------------------------------------------------------------------|
| Back Hook Kick | <i>Change stance after each kick</i> |
| Ducking Technique | <i>Perform shadow boxing to get technique right.</i> |
| Thai Pad Combo 3 | <i>Jab, Lead Hook, Cross</i> |
| Thai Pad Combo 4 | <i>Push Kick (lead leg), Jab, Cross</i> |
| Redonda 4-Count | <i>Also demonstrate ONE unarmed application with partner</i> |
| Self Defence | <i>Push to chest / shoulder (2 pushes) a) Single arm (Prepare TWO defences)
b) Double (Prepare TWO defences)</i> |

Progress Check 2

- | | |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Hopping Inner Crescent Kick (Lead Leg) | <i>Change stance after every kick</i> |
| Jab, Cross, Switch Knee, Dwd elbow | <i>Demonstrate in shadow boxing and on padwork</i> |
| 6 Strike Combo | <i>Instructor will be looking for fluency and a well drilled combo.</i> |
| Boxing Sparring Drill: | <i>Ducking Drill - Duck rear and lead hooks. Performed at a slow to moderate pace.
~ Balance, rhythm and technique is more important than doing it fast.</i> |
| Dynamic Self Defence | <i>Against Push kick. Prepare 2 defences</i> |

Progress Check 3

- | | |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Boxing Padwork Drill: | <i>Pad holder throws rear hook: Duck and counter rear body hook, lead hook, cross.
Pad holder throws lead hook: Duck and counter lead body rip, cross, lead hook.</i> |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Revise: All Previous Levels

Grading: Physical Component:

- | | |
|-----------|---------------|
| Push-ups | 30 |
| Sit-ups | 30 |
| Squats | 30 |
| Thai Pads | 1x3 min round |