



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

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

All grading fees are due BEFORE grading

Grading Fee (includes belt and certificate) **\$45**

Cash	<input type="checkbox"/>
Eftpos	<input type="checkbox"/>
Direct Debit	<input type="checkbox"/>
Other	<input type="checkbox"/>

Staff _____

Date _____

I _____ authorise you to add \$ _____ to our

existing direct debit. Signed by account holder _____

YOUNG ADULTS - 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.

Conditional sparring rounds are 1x1 minute in grading. Train 3 minute rounds and include in your rounds.

Round Requirements:

10x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

Step-Up Knee *Thai version. Moderately paced rear check to bait opponent, fast stomp into lead knee.*

Personal 10 move demonstration *Include angles, multiple attackers, offensive and defensive techniques.*

Sparring Rhythm Drill *Jab, Cross, Inside leg kick, cross, hook, rear roundhouse.*

~ Drill with partner until it feels smooth.

7-Strikes Stationary *7 basic stick strikes of Filipino Eskrima*

Semi-Free 1 (1x1 min): *Attacker: Boxing. Defence: Parries, Cover, Slips & Ducks (no counters)*

~ Must be performed at a pace where defender is programming muscle memory.

Progress Check 2

Step-Up Push Kick *Thai version. Moderately paced rear check to bait opponent, fast stomp into lead push kick.*

Hopping Outer Crescent Kick (Lead Leg) *Change stance after every kick*

Thai Pad Combo 5 *Slip their jabbing pad - counter with Body Jab, Cross, Lead Hook, Rear Overhand*

Thai Pad Combo 6 *Switch-Stance Inside-Leg-Kick, Cross, Jab, Side Kick front leg*

Redonda 6-Count *Also demonstrate ONE unarmed application with partner*

Semi-Free 2 (1x1 min) *Attack: Roundhouse and push kicks only Defence: Check, Scoop.*

~ Must be performed at a pace where defender is programming muscle memory.

Self Defence *Head Lock - to the side (both sides) (Prepare TWO defences)*

Progress Check 3

Jab (adv), Cross, Lead Hook, Step across with lead leg, Back Thrust *Change stance each time*

Self Defence *Head Lock - to side with punches (both sides) (Prepare TWO defences)*

Revise: All Previous Levels

Grading: Physical Component:

Push-ups 30

Sit-ups 30

Squats 30

Thai Pads 2x3 min round