



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? | Y | 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> | Y | N |
| 4 | Probation Green Belt and above: Have you completed all required pad rounds? | Y | 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 | Y | N |
| 8 | Have you shown improvement / made advancements | | |
| | 1) in school OR work? | Y | N |
| | 2) physical fitness? | Y | N |
| | 3) home life and / or community life? | Y | 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. | Y | N |

All grading fees are due BEFORE grading

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

- Cash
- Eftpos
- Direct Debit
- Other

Staff _____

Date _____

I _____ authorise you to add \$ _____ to our

existing direct debit. Signed by account holder _____

YOUNG ADULTS - PROBATION PURPLE

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.

Record rounds below each week and submit this sheet with your grading form prior to grading.

Round Requirements:

15x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

- | | |
|--|--|
| Low Roundhouse Kick | <i>Step left 45, bend supporting leg, drop weight and pump arms.</i> |
| Spinning Outer Crescent Kick | <i>1. Stationary 2. Advancing Change stance after every kick</i> |
| Jab, Rear Body Hook, Rear Uppercut, Lead Hook | <i>Drill both stances and during padwork</i> |
| Jab, Cross, Lead Body Hook, Lead Uppercut, Cross | <i>Drill both stances and during padwork</i> |
| Untol (High) | <i>Stick work variation of Redonda 6 count</i> |

Progress Check 2

- | | |
|-------------------------------|--|
| Hopping Mini Hook Kick (Lead) | <i>Change stance after every kick</i> |
| Side Kick from Floor | <i>Use supporting knee or foot. Change leg after every kick.</i> |
| 7 Strikes | <i>With diagonal stepping</i> |
| Thai Pad Combo 7 | <i>Slip cross pad, counter with Lead Body Hook, Lead head hook, Cross, Lead U/Cut</i> |
| Thai Pad Combo 8 | <i>Jab, Cross, R/House (rear leg - adv), Knee (lead-adv), Downward Elbow (rear)</i> |
| Self Defence | <i>Head Lock - Rear (BOTH sides)</i> |
| Pad Coaching | <input type="checkbox"/> Correct Stance <input type="checkbox"/> Reinforce Pad on Impact <input type="checkbox"/> Loud & Clear Verbal
<input type="checkbox"/> Correctly held for Straights <input type="checkbox"/> Correctly held for Hooks <input type="checkbox"/> Correctly held for U/Cut
<input type="checkbox"/> Correctly held for R/House <input type="checkbox"/> Correctly held for Elbows <input type="checkbox"/> Correctly held for Knees
<input type="checkbox"/> Maintain Range for reach <input type="checkbox"/> Circle after combos <input type="checkbox"/> Use Belly Pad (optional) |

Progress Check 3

- | | |
|--|--|
| Jab (advancing) – Hopping Side Kick (lead leg) – Back Thrust | <i>Change stance after every combination</i> |
| Self Defence | <i>Head Lock - front / guillotine (BOTH sides)</i> |
| Revise: All Previous Levels | |

Grading: Physical Component:

- | | |
|-----------|---------------|
| Push-ups | 35 |
| Sit-ups | 35 |
| Squats | 35 |
| Thai Pads | 3x3 min round |