



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) **\$50**

Cash
 Eftpos
 Direct Debit
 Other

Staff _____

Date _____

I _____ authorise you to add \$ _____ to our

existing direct debit. Signed by account holder _____

YOUNG ADULTS - R&D

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.

Round Requirements:

30x3 minute rounds. These must be recorded at the back of the attendance register.

Progress Check 1

- | | |
|--|---|
| Retreating Front Kick | <i>Take-off and kick with same leg. Change stance after every kick.</i> |
| Jab, Cross, Switch R/House Low, Monitor, Low R/House (R) to legs | <i>(Drill with partner)</i> |
| Amara (5-6) | <i>Filipino stick-fighting combinations</i> |
| Demonstrate | <i>5 Chokes</i> |
| Self Defence | <i>Full Nelson (Prepare TWO defences)</i> |

Progress Check 2

- | | |
|--|---|
| Retreating Roundhouse Kick | <i>Take-off and kick with same leg. Change stance after every kick.</i> |
| Jab, Cross, Lead Hook, Rear R/house (land fwd and across body), Hopping Side Kick (lead) | <i>Both Stances</i> |
| Jab (advancing) – Hopping Side Kick (lead leg) – Back Thrust | <i>Change stance after every combination</i> |
| Amara (7) | <i>Filipino stick-fighting combinations</i> |
| Shadow Boxing | <i>1x1 min of 1) Circular Footwork 2) Defences</i> |
| Self Defence | <i>Half Nelson with rear head lock (Prepare TWO defences)</i> |

Progress Check 3

- | | |
|-----------------------------|--|
| Random Testing: 12 Combos | <i>Random testing on previously taught Thai Pad combos</i> |
| Shadow Boxing | <i>1x1 min of 1) 8 Angles 2) Clinch</i> |
| Revise: All Previous Levels | |

Grading: Physical Component:

- | | |
|-----------|---------------|
| Push-ups | 45 |
| Sit-ups | 45 |
| Squats | 45 |
| Thai Pads | 3x3 min round |
| Sparring | 2x3 min round |