



# 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)?<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"/> Y | <input type="checkbox"/> N |  |
| 4 | <b>Probation Green Belt and above:</b> 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 - BROWN

## 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:

40x3 minute rounds. These must be recorded at the back of the attendance register.

### Progress Check 1

- |   |   |
|---|---|
| Iron Horse  | <i>Left Side (1-4)</i>  |
| Lead Uppercut (adv), Cross, Lead Hook, Rear Roundhouse (low), Lead Roundhouse (high), Jumping Back Thrust |   |
| Hammer Fist Drill   | <i>Parry, Circular Block (ie, transfer / redirect), Monitor (ie, pin), Hammerfist</i> |
|   | <i>~ Use rubber knife when confidence increases.</i>                                  |
| Muay Thai Clinch  | <i>Counter to opponent pulling head down. No knees at this level.</i>                 |
| Happo Giri (1-4)  | <i>Eight cuts of Japanese Swordsmanship - Read Handout</i>                            |

### Progress Check 2

- |  |   |
|--|---|
| Iron Horse   | <i>Left Side (5-9)</i>  |
| Jab - Cross - Inside Leg Kick (front) - Roundhouse (land fwd) - Back Hook Kick | <i>Change stance after every combination</i>  |
| Boxing - Slip Combinations   |   |
| Slip 1:  | <i>Slip partners Jab, counter: Rear Uppercut, Lead Hook, Cross, Lead Hook</i>                 |
| Slip 2:  | <i>Slip partners Jab, roll to Duck, counter: Rear Body Hook, Lead U/Cut, Cross, Lead Hook</i> |
| Slip 3:  | <i>Slip partners Jab to inside, counter: Cross, Lead Hook, Cross, Lead Hook</i>               |
| Muay Thai Clinch   | <i>Counter to opponent locks onto neck with really tight elbows. No knees at this level.</i>  |
| Happo Giri (5-8)   | <i>Eight cuts of Japanese Swordsmanship - Read Handout</i>                                    |

### Progress Check 3

- |                  |  |
|------------------|--|
| Muay Thai Clinch | <i>1 minute grapple: Focus on techniques learnt so far. Light knees with inside thigh.</i> |
|                  | <i>~ Warnings will be given for relying on strength.</i>                                   |
| Random Testing   | <i>Specifically: Orange - Pro-Green</i>  |

## Grading: Physical Component:

- |           |               |
|-----------|---------------|
| Push-ups  | 55            |
| Sit-ups   | 55            |
| Squats    | 55            |
| Thai Pads | 3x3 min round |
| Sparring  | 3x3 min round |