



Young Americans Schools of Self-Defense

TESTING FORM FOR RANK PROMOTION TO GREEN BELT

To the Parents of the Student: Your son/daughter will be taking their Green Belt examination. There is a \$9.00 fee for this test; the fee also pays for their belt, which they will receive in the last class of the current session. This \$9.00 fee is to be paid *in addition* to the \$7.00 fee for the class – THAT IS \$16 TOTAL (both fees can be placed in their envelope, which they give to the instructor at the beginning of class). It is mandatory that the student also bring this testing form, with their name printed in the blank below, and give it to the instructor prior to the test. A student who does not bring in this form and \$9.00 for the test will not be able to take the test.

To the Student: Below are the ten requirements for rank promotion to Green Belt. You will want to practice all these techniques. Your parents, friends, and significant others can help you prepare for this examination.

I. DOUBLE FIST BLOCK	_____	_____
	Excellent	Needs Improvement
II. HIGH X BLOCK	_____	_____
	Excellent	Needs Improvement
III. SPEAR HAND STRIKE	_____	_____
	Excellent	Needs Improvement
IV. KNIFE HAND STRIKE	_____	_____
	Excellent	Needs Improvement
V. REVERSE (OUTSIDE) CRESCENT KICK	_____	_____
	Excellent	Needs Improvement
VI. BACK STRAIGHT KICK	_____	_____
	Excellent	Needs Improvement
VII. KATA	_____	_____
	Excellent	Needs Improvement
VIII. DEFENSE AGAINST THE PUNCH (STRIKE) TO THE FACE	_____	_____
	Excellent	Needs Improvement
IX. DEFENSE AGAINST THE "FULL NELSON" ATTACK	_____	_____
	Excellent	Needs Improvement
X. STUDENT'S CHOICE OF TECHNIQUE	_____	_____
	Excellent	Needs Improvement

Student Name (please print) _____

Instructor _____ Passed Test _____ Re-take Test _____

