

NAVY

FULL SPARRING GEAR
Groin cup & Mouthguard
NEEDED

BELT TESTING – WHITE UNIFORM ONLY

First Name: _____ Last Name: _____ Date of Birth: _____ Age: _____

Phone #: () _____ - _____ Address: _____

Circle Your Training Location: TR / MID / MAN / FR / WLB / JA / BR / HOW / YMCA / TN / EUR / OTHER _____

Are you a Black Belt Club Member? YES _____ NO _____ Belt Size: 00 – 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 (circle one)

Special Information for the Judges _____

5 POINTS - _____

_____ White Uniform _____ Chest & Shoulder Patches
_____ Clean Uniform & Body _____ Belt tied properly

15 POINTS - _____

EQUIPMENT (FULL SPARRING GEAR &
GROIN CUP & MOUTH GUARD)

20 POINTS - _____

STICK DEFENSE – BLOCK & TAKE AWAY

STRAIGHT THRUST _____

OVERHEAD STRIKE _____

OVERHEAD ANGLE STRIKE _____

20 POINTS - _____

GUM JUNG DE

DEEP STANCES _____

POWER _____

SPEED _____

KEIA (YELL) _____

KNOWLEDGE _____

ADULTS 3 GUN DEFENSE

FRONT _____ SIDE _____ BEHIND _____

20 POINTS - _____

SELF DEFENSE

FRONT CHOKE _____

DOUBLE COLLAR GRAB _____

BEAR HUG-OVER ARMS _____

AGAINST ROUND KICK _____

SPEED _____

10 POINTS - _____

BREAKING (SIDEKICK)

CONCENTRATION _____ RESPECT _____

TECHNIQUE _____ KEIAS _____

FOCUS _____ POWER _____

10 POINTS - _____

SPARRING

CLEAN TECHNIQUES _____ SPEED _____

POWER & SNAP _____ KNOWLEDGE _____

PERFORMANCE SCORING

0 ✓ X
NEED MORE WORK GOOD EXCELLENT

TOTAL SCORE (PASSING = 70+) _____

JUDGED BY: _____

PROMOTION EXAM FEE:

APPLICATION MUST BE HANDED IN BY: _____ RECEIVED BY: _____

EXTRA CREDIT: **10 POINTS** – Tournament Event(s) Placed: _____, _____, _____, _____

EXTRA CREDIT: **10 POINTS** – Tournament Demo(s): _____, _____, _____, _____