



Belt Exam Syllabus

Green Tip Test

Cho Dan Bo: From Red/black belt to Black/white belt

Standing Kicks

Side Kick & Hook Kick & Double Punch	6 x Turning Kick & Front Foot Tornado kick (spinning toward your back)	6 x Reverse Back Kicks (changing leg each time)
6 x Double High Side Kicks (alternate legs) & Reverse back Kick combinations	6 x Axe Kick, Turning Kick & Roundhouse Kick (alternating each leg with each combination)	6 x Axe Kick, Short Turning Kick (Bandal Chagi) & Tornado Kick (back foot) & Round house Kick (alternating each leg with each combination)

Paddle Pad Kicks

6 X Short Turning kick (Bandal Chagi) & <u>Front</u> foot Tornado Kick combinations (spinning towards your back)	6 X Short Turning kick (Bandal Chagi) & <u>Back</u> foot Tornado Kick combinations (spinning towards your front)
6 x Double Turning Kick (alternate legs) & Roundhouse Kick	6 x Turning Kick & Front Foot Tornado Kick & Turning Kick
6 x Front foot Axe Kick & Turning Kick & Front Foot Tornado Kick & Roundhouse Kick combinations	6 x Front foot Turning Kick & Turning Kick & Back Foot Tornado Kick & Roundhouse Kick to a Turning Kick (same leg) combinations

Block Pad Kicks

6 x Double Turning Kick combinations. (two kicks to the count. Switching each time)
6 x Side Kick and Reverse Back Kick Combinations (two kicks to the count. Switching each time)
6 x Turning Kick, Side Kick and Reverse Back Kick Combinations (switching each time)



Gup Promotion Application

If this is your final or 4th Tip Test for your current belt and you are going to be eligible for promotion, please complete and then present this form to your instructor **ONE WEEK BEFORE** your Belt Graduation

Student Name: Current rank/belt:.....

Graduation date:.....

- 1 Do you attend classes on average twice per week? Yes No
- 2 Do you practice at home on a regular basis? Yes No
- 3 Do you understand and can you recite your Shire Martial Arts student creed? Yes No
- 4 Have you introduced a new member or helped out in a Shire Martial Arts activity? Yes No
- 5 Have you shown improvement in:
 - a) Your school or workplace? Yes No
 - b) Physical fitness? Yes No

List 3 areas in everyday life where you have shown improvement from your Martial arts training

1..... 2..... 3.....

The sections below must be completed by SMA Junior students who are 13 yrs old and under

These questions are to be completed by a parent or carer

- 1 Has the student expressed gratitude to parents for paying their tuition fees or driving them to class? Yes No
- 2 Does the student show respect to parents and family members? Yes No
- 3 Does the student regularly and cheerfully complete their household chores? Yes No

List 3 areas in everyday life where your child has shown improvement from your Martial arts training

1..... 2..... 3.....

Parent/guardians signature:

These questions are to be completed by your school teacher

- 1 Does the student show respect to teachers and fellow students? Yes No
- 2 Does the student regularly complete homework assignments and work to the best of their ability? Yes No
- 3 Would you like an Instructor from Shire Martial Arts to talk to your class about bullying? If so please use the contact details below to either phone or e-mail us. Yes No

Teacher's signature:

Ph: 9531 7648 Email: tkdinfo@shiremartialarts.com.au Web: www.shiremartialarts.com.au

ABN: 60 116 069 848