



# Belt Exam Syllabus

## Yellow Tip Test

**7th Gup: From Yellow belt to Yellow/black belt**

### Revised Techniques

#### Stances

Choombi Stance

Walking/Short Stance:

- a) it's purpose
- b) feet position
- c) differences to forward stance
- d) How to turn with 'front foot on train tracks to tight rope, pivot, then to train tracks'

#### Basic Movements

Rising Face Block in Forward Stance (same arm & same leg) Must do turn & <u>both</u> hand actions correctly.	Reverse Punch in Forward Stance (opposite arm to front leg) Must do turn & <u>both</u> hand actions correctly
Outside Body Block in Forward Stance (same arm & same leg) Must do turn & <u>both</u> hand actions correctly.	

### Latest Techniques

#### Stances

**Back Stance:** Explain

- a) it's purpose
- b) feet position
- c) knee position
- d) weight distribution
- e) How to turn by 'pivoting feet on tight rope'

If you are unsure of the above look in the 'Fundamental Martial Arts Moves' page in the 'Welcome to New White Belt' link on the Log In page. The pass word is: NEWSMA

#### Basic Movements

<b>Middle Punch in Back Stance</b>	<b>Outside Block in Back Stance</b>
<b>Heel of Palm Strike in Forward Stance</b>	<b>Swallow Hand Strike (Kal Jebi) in Forward Stance</b>
<b>Inside Block in Forward Stance</b>	<b>Reverse Inside Block in Walking Stance</b>

#### Tip:

If you are unsure of anything above:

- a) Ask an instructor
- b) Go to the terminology section on the SMA web site.



# 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: [tkinfo@shiremartialarts.com.au](mailto:tkinfo@shiremartialarts.com.au) Web: [www.shiremartialarts.com.au](http://www.shiremartialarts.com.au)

ABN: 60 116 069 848