



Belt Exam Syllabus

Yellow Tip Test

6th Gup: From Yellow/black belt to Blue/white belt

Revised Techniques

Stances

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'

Back Stance:

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

Basic Movements

Outside Body Block in Forward Stance Must do turn & <u>both</u> hand actions correctly.	Reverse Punch in Forward Stance Must do turn & <u>both</u> hand actions correctly
Middle Punch in Back Stance	Outside Block in Back Stance
Heel of Palm Strike (Batangson Chigi) in Forward Stance	Swallow hand strike (Kal Jebi) in Forward Stance
Inside Block in Forward Stance	Reverse Inside Block in Walking Stance

Latest Techniques

Stances

Demonstrate moving from **Back stance** to **Forward Stance**

Basic Movements

Inside Knife Hand Strike with palm up in Forward Stance	Inside Block in Back Stance
Outside Knife Hand Strike with palm down in Forward Stance	Single Knife Hand Block in Back Stance

Tip:

If you are unsure of anything above:

- a)** check out the lower belt's tests
- b)** Ask an instructor
- c)** 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: tkdinfo@shiremartialarts.com.au Web: www.shiremartialarts.com.au

ABN: 60 116 069 848