



# Belt Exam Syllabus

## Yellow Tip Test

**5th Gup: From Blue/white belt to Blue belt**

### Revised Techniques

#### 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 in Forward Stance	Swallow Hand Strike in Forward Stance
Inside Block in Forward Stance	Reverse Inside Block in Walking Stance
Inside Knife hand Strike (palm up) in Forward Stance	Inside Block in back Stance
Outside Knife hand Strike (palm down) in Forward Stance	Single Knife hand Block in Back Stance

### Latest Techniques

#### Basic movements

**Ridge Hand Strike in Forward Stance**

#### Sequences

1: **Low Block in Forward Stance**, into

2: Pull L Hand across body with circular movement into a **L Hammer Fist** in **Left Stance** (Wen Sohgi) Pivot 180° & reverse

Ensure there is

- 1: Clear 'push & pull' action with all arm movements
- 2: Clear stance transition
- 3: Correct pivot with back foot

1: **L Middle Inside Block in L Forward Stance** immediately followed with a **R Inside Middle Block** (double movement)

2: **R Front Snap Kick** landing in **R Forward Stance** with a **R Back Fist Strike** & **L Inside Middle Block** (double movement)

3: **L Front Snap Kick** landing in **L Forward Stance** with a **L Back Fist Strike** & **R Inside Middle Block** (double movement)

4: Stepping R leg forward into **R Forward Stance** with a **R Back Fist**

Ensure there is

- 1: Clear 'push & pull' action with all arm movements
- 2: Clear body weight transition to generate power
- 3: Accurate stances

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

ABN: 60 116 069 848

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