



SMA Black Belt

Belt Exam Syllabus

Yellow Tip Test: For Black/white belt to SMA Black Belt

Examined Technique

Hand & Elbow strikes, Sequences & Punching skills

(Must demonstrate correct balance, weight distribution & breath control)

1: Horse riding Stance with a L Single Knife Hand Block, into R Target Punch.

2: Stepping R Foot into Front Twisted Stance.

3: Then Pull arms in with a simultaneous L High Side Kick

4: Turning 180' immediately after kick & landing in R Forward Stance

1: L High Side Kick & Turning 180' immediately after kick & landing in R Forward Stance with

2: L Low Inverted Spear Hand.

3: Sliding Right foot back to R Walking Stance going with a R Low block

4: Stepping forward into L Walking Stance with a L Heel of Hand Downwards Block

1: L Forward Stance with a L Outside Knife hand Strike into L Single Knife Hand Low Block
(Double movement)

2: Stepping forward into R Forward Stance with a R Inside Knife hand Strike immediately followed by a R single Knife Hand Low block (Double movement)

10 x 1: Jab, 2: Jab, 3: Cross, 4: Jab, 5: Hook, 6: Free Style Kick, 7: Jab & 8: Cross

10 x 1: Uppercut, 2: Jab, 3: Cross, 4: Hook Punch, 5: Inward Elbow Strike, 6: Rising Knee Strike, 7: Free Style Jumping Kick, 8: Double Free Style Hand Combination.

1: Low Knife Hand Block in Back Stance,

2: into Forward Stance Reverse Upward Elbow Strike,

3: then Back Fist, Open Hand Strike (Kal Jebi)

4: immediately followed by a Middle Punch, then High Punch.

(Alternating arms for each move. Correct action, speed & power must be shown)

1: Elbow Target Strike in Horse riding Stance

2: to Back Stance Single Knife Hand Block

3: to Forward Stance Low Punch to Middle Punch, High Punch

4: to Heel of Hand Strike

(Correct action & power must be shown)



Promotion Application

Please present this completed 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