

Green Belt/ 5th Kub

Requirements for Testing to Blue Belt/4th Kub:

0. Step Skills: (with Partner)

- 3 Steps forward and Ann-da-li-hu-li-ki
- 3 Steps backward and Her-li-hu-li-ki
- 3 Steps side and Bal-Mok-Ba-Chi-Ki

0. Falling Skills:

- Front Breakfall – Stand
- Side Breakfall – Stand
- Back Breakfall – Stand
- Front rolling skills – Run and rolling, landing on Side breakfall

0. Techniques (Mae Chi Ki):

- Hand Techniques: Bic-dan-gye-chi-Ki – pull and throwing over the side
- Waist Techniques: Her-li-hu-li-ki – Waist twist
- Foot Techniques: Ann-da-li-hu-li-ki – Inside leg hook up
- Press Techniques: We-Nu-Ru-Ki – Press over face skill

0. Sparring : Show 3 Mae-Chi-Ki skills and 1 press skills

Chun Ma Martial Art Academy

Application for promotion to JUDO Blue Belt (4th Kub)

Name: _____ Age: _____ Birth Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Last Promotion: ____ / ____ / ____ Test Fee: \$50 Paid: _____

If at any time I violate any of the following three (3) rules and regulations governing Chun Ma Martial Art Academy, Inc., I hereby agree that the Chun Ma Martial Art Academy Reserves the right to suspend my rank or status:

1. The purpose of the martial arts is to improve both mental and physical health and all members must uphold and protect the honor and prestige of the Martial Arts.
2. Members are forbidden to use Martial Art Techniques to provoke and challenge innocent persons, and such use will make offending members subject to disciplinary action.
3. That the Chun Ma Martial Art Academy is the sole and only judge of my qualifications and achievement in the Martial Arts.

I will accept any grade or belt rendered by the school and federation with complete satisfaction, neither demanding nor protesting for a higher grade or belt.

Date: ____ / ____ / ____ Applicant's Signature: _____

Parent's or Guardian's Signature: _____
(If applicant is under 18 years old)

| CATEGORY | Grade | Comments |
|----------------------|-------|----------|
| 4 ways Step Movement | | |
| Back Breakfall | | |
| Side Breakfall | | |
| Front Breakfall | | |
| Rolling Method | | |
| Roll Forward | | |
| Grappling | | |
| Terminology | | |
| Flexibility | | |