

White Belt/ 8th Kub

Requirements for Testing to Yellow Belt/7th Kub:

0. Step Skills: (with Partner)

- Step forward
- Step backward
- Step side

0. Falling Skills:

- Front Breakfall – On knees
- Side Breakfall – 1 foot high
- Back Breakfall – 1 foot high
- Front rolling skills – 3 steps forward, then rolling

0. Techniques (Mae Chi Ki):

- Hand Techniques: Up-e-chi-Ki (one hand Hold) – Throw over the back
- Foot Techniques: Ba-Da-Li-Hu-li-Ki – Outside leg Swipe skill
- Press Techniques: Yeb-Nu-Ru-Ki – Side Press skill

0. Sparring : No techniques required for testing yet

Chun Ma Martial Art Academy

Application for promotion to JUDO **Yellow Belt (7th Gub)**

Name: _____ Age: _____ Birth Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Last Promotion: ____ / ____ / ____ Test Fee:\$40 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.

*** () *Please, mark here if you want grade sheet after test. If not, leave blank.* ***

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		
Front Rolling		
Roll Forward		
Grappling		
Terminology		
Flexibility		