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Personal Tournament Tracker



Welcome to Talon Martial Arts!

Over the next few months there will be lots to learn, for both parents and students. Instructors, other parents and students are all there to help you on the journey you have begun. We hope it will be a long, enjoyable and beneficial one.

In this binder you will be able to document your journey to Black Belt. After each promotion, you will receive new promotion requirements, form help sheets, training material, specials, discounts, forms and other materials to make your quest a fun, exciting, enjoyable and memorable one.

In class each day we will review the 6 Principles. These are listed below, and on the back of this binder, to help you remember them.

1. Be Polite
2. Be Patient
3. Be Alert
4. Be Brave
5. Do Your Best
6. Respect Yourself and Others

Take a look at the materials in the White Belt Section and see what you will soon be learning and let me know if you have any questions.

See you in class!



White Belt Coupon

We are so glad you have decided to train with us, learn some self-defense and join our family. You got a new uniform with your sign up, but we know how quickly that one uniform gets smelly and dirty. Since we don't want you, or your parents, to have to wash it every day, we would like to present you with this discount coupon on a second uniform.



Talon Martial Arts



White Belt Coupon

25% off a Uniform

Limit 1 per student. Expires when you get your Yellow Belt. No cash value.

Sample Goals for the Martial Arts Student

These goals can be used as a guideline for setting your personal goals. When you set goals, it gives you a target, something on which to focus, for your training. By setting realistic goals, you increase confidence and feel better about yourself.

- Test for next belt by a certain date
- Train in 3 different schools before my next test
- Compete in a tournament
- Get 1st Place in a tournament event
- Get 5 points in a tournament
- Perfect a kick you are having trouble with
- Learn my new form in two weeks
- Take the Storm/Assistant/Instructor Course
- Learn a weapon
- Be the Student of the Month
- Get a certain number of points for Student of the Month
- Get 1 person to join martial arts
- Bring 3 friends to class
- Be able to do 60 sit ups or push ups in one minute
- Join the 300 Forms Club

White to Yellow I Class Tracker & Requirements

Classes:

*(enter the dates
you attend class)*

Yellow I Test
2 Months/24 classes

Punching

Riding Stance Center Punch,
Double Punch, Triple Punch

Kicks

Straight Leg Kick
Inside Out Crescent Kick
Outside In Crescent Kick
Spin Crescent Kick
Front Snap Kick
Roundhouse Kick
Side Kick
Spin Back Kick
Jump Front Snap Kick
Back Step Side Kick
Fighting Pattern One

Basic Technique

Right Leg Retreating Step Front stance
Down Block
Outside Center Block
Center Punch
Inside Center Block
Outside Chop
Inside Chop
High Block
Double Center Block
Side Punch
Side Punch

One Steps 1-3

Forms Katas

Basic Form 1
Basic Form 2
Basic Form 3

BASIC FORM I (Ki-Cho 1)

ACTION SINGLE CHOON BI

1	1	TURN LEFT 90°, LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
2	3	TURN RIGHT 180°, RIGHT DOWN BLOCK	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
3	1	TURN LEFT 90°, LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
	3	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH (KIAI)	FRONT STANCE
4	1	TURN RIGHT 270°(back leg), LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
1	3	TURN RIGHT 180°, RIGHT DOWN BLOCK	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
2	1	TURN LEFT 90°, LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
	3	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH (KIAI)	FRONT STANCE
3	1	TURN RIGHT 270°(back leg), LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
4	3	TURN RIGHT 180°, RIGHT DOWN BLOCK	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH (KIAI)	FRONT STANCE

**CHOON BI (LEFT FOOT TO RIGHT FOOT)
ATTENTION, BOW**

BASIC FORM II (Ki-Cho II)

ACTION SINGLE CHOON BI

1	1	TURN LEFT 90°, LEFT CENTER BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
2	3	TURN RIGHT 180°, RIGHT CENTER BLOCK	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
3	1	TURN LEFT 90°, LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
	3	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH (KIAI)	FRONT STANCE
4	1	TURN RIGHT 270°(back leg), LEFT CENTER BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
1	3	TURN RIGHT 180°, RIGHT CENTER BLOCK	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
2	1	TURN LEFT 90°, LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
	3	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH (KIAI)	FRONT STANCE
3	1	TURN RIGHT 270°(back leg), LEFT CENTER BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
4	3	TURN RIGHT 180°, RIGHT CENTER BLOCK	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH (KIAI)	FRONT STANCE

**CHOON BI (LEFT FOOT TO RIGHT FOOT)
ATTENTION, BOW**

BASIC FORM III

(Ki-Cho III)

ACTION SINGLE CHOON BI

1	1	TURN LEFT 90°, RIGHT INSIDE CENTER BLOCK LEFT HIGH BLOCK COMBINATION	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
2	3	TURN RIGHT 180°, LEFT INSIDE CENTER BLOCK RIGHT HIGH BLOCK COMBINATION	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
3	1	TURN LEFT 90°, LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT SIDE PUNCH	HORSE STANCE
	3	STEP FORWARD, LEFT SIDE PUNCH	HORSE STANCE
	4	STEP FORWARD, RIGHT SIDE PUNCH (KIAI)	HORSE STANCE
4	1	TURN RIGHT 270°(back leg), RIGHT INSIDE CENTER BLOCK, LEFT HIGH BLOCK COMBINATION	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
1	3	TURN RIGHT 180°, LEFT INSIDE CENTER BLOCK RIGHT HIGH BLOCK COMBINATION	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
2	1	TURN LEFT 90°, LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT SIDE PUNCH	HORSE STANCE
	3	STEP FORWARD, LEFT SIDE PUNCH	HORSE STANCE
	4	STEP FORWARD, RIGHT SIDE PUNCH (KIAI)	HORSE STANCE
3	1	TURN RIGHT 270°(back leg), RIGHT INSIDE CENTER BLOCK, LEFT HIGH BLOCK COMBINATION	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
4	3	TURN RIGHT 180°, LEFT INSIDE CENTER BLOCK RIGHT HIGH BLOCK COMBINATION	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH (KIAI)	FRONT STANCE

CHOON BI (LEFT FOOT TO RIGHT FOOT)
ATTENTION, BOW

300 Forms Club

Overview: The goal of the 300 Forms Club is to perform each of your testing forms 300 times each in the 2 months leading up to your test for your new belt. If you perform your forms 300 times each, for three belt levels in a row, you will have performed your forms over 1000 times (counting the practice in class). If you do anything a 1000 times, you will be much better, stronger and faster.

Rules: Forms must be done outside of class, forms in class do not count toward the 300. Present the completed form to your Instructor before testing to be recognized as a 300 Forms Club member at the Promotion Ceremony.

Rewards: You will get a 300 Forms Club Trophy at the next Promotion Ceremony, a Certificate and Your Name on the school's 300 Forms Club Plaque.

Testing Eligibility: In order to be eligible for your next test you must complete your top 3 forms 100 times each. Use the gray section to mark your progress before your next test.

Student Name: _____ **Inst Ini:** _____

Belt Level: _____

Start Date: _____ **Test Date:** _____

Form:

100	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
200	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
300	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000

Form:

100	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
200	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
300	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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Form:

100	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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200	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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300	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000

Signatures

Student: _____
 Parent: _____
 Instructor: _____

By signing this form I confirm that the # of forms completed above are accurate and were completed separate from those in class.



Test Preparation Sheet



Name: _____

To prepare for your next test, please fill out this sheet. There are three sections. Section A should be filled out as soon as you receive this sheet. Section B can be done at any time up to your test. Section C should be done some time after your test, depending on the questions (i.e. Goals as the target date passes).

Turn this sheet into your Instructor for evaluation. This will help us get to know you better, help you meet your goals, and assist you on your path to Black Belt.

Section A (Complete this section now)

- a. What is your current belt level? _____
- b. What is your next belt level? _____
- c. When is your next test target date? _____
- d. What is your Most Favorite kick? _____
- e. What is your Least Favorite kick? _____
- f. What is your Most Favorite form? _____
- g. What is your Least Favorite form? _____
- h. What is your weakest point in martial arts? _____
- i. What is your strongest point in martial arts? _____
- j. Which other student do you look up to the most?

- k. Which other student looks up to you the most?

- l. What are the goals you want to complete before your next test?
Target Date: ___/___/___ :: _____



Test Preparation Sheet



Section B (Complete this section any time before your test)

- a. Did you complete your next test goals (Question A.1)? _____
If No, then why not? _____

- b. What are the goals you want to complete in the next six months?
Target Date: ___/___/___ :: _____

- c. What are the goals you want to complete in the next year?
Target Date: ___/___/___ :: _____

- d. Who were the Instructors that you learned from since your last test?

Section C (Complete this section any time after your test)

- a. Did you complete your six month goals (Question B.b)? _____
If No, then why not? _____

- b. Did you complete your one year goals (Question B.c)? _____
If No, then why not? _____

Instructor Comments

Name: _____
