



Red Belt Coupon

In honor of receiving your Red Belt, we would like to present this coupon for 20% off any order from Century Martial Arts. You might need a new uniform, want a pair of Nunchuka, or a Wavemaster for your home. The choice is up to you. You can order from the catalog at your school, or look online at CenturyMartialArts.com and tell us what you want.



Talon Martial Arts



Red Belt Coupon

20% off any Century Order

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

Red II to Brown Class Tracker & Requirements

Classes:
(enter the dates
you attend class)

Sparring:

Brown Belt Test 4 Months/48 classes/8 Sparring
<p><u>Forms Katas</u> Palgue Form 7 Palgue Form 8 Koreo Form</p> <p><u>Kicks</u> Fighting Pattern 3 Fighting Pattern 4 Exchange Round House Jump Back Kick Alternate Jump Back Kick Triple Motion Front kick Wheel Kick Scissor Outside In Axe Kick Wheel Back Kick Double Round Spin Hook Skip Double Round House Outside In Crescent Jump Spin Crescent</p> <p><u>Basic Technique</u> Frnt Stnce w/Ft. Kck w/Dble Blcks Down Block/Outside Outside Block/Upper Elbow Inside Block/Outside Block Outside Chop/Open Hand Angle Bck Inside Chop/Low Chop Double Center/High Block</p> <p>Back Stance w/Rnd Hse w/Dble Punch Double Down Block Double Center Block Double Low Knife Hand Double Center Knife Hand</p> <p><u>One Steps 1-12</u></p> <p><u>Free Sparring</u> Two 1 Minute Rounds</p>

KOREO

ACTION	SINGLE	CHOON BI	
1	1	BREATHING MOTION,	ATTENTION STANCE
	2	TURN LEFT 90°, LEFT DOUBLE KNIFE HIGH	BACK STANCE
	3	RIGHT DOUBLE SIDE KICK, STEP FORWARD	
		RIGHT OUTSIDE CHOP, REVERSE PUNCH	FRONT STANCE
		SHIFT, RIGHT INSIDE BLOCK	BACK STANCE
2	1	TURN RIGHT 180°, RIGHT DOUBLE KNIFE HIGH	BACK STANCE
	2	LEFT DOUBLE SIDE KICK, STEP FORWARD	
		LEFT OUTSIDE CHOP, REVERSE PUNCH	FRONT STANCE
		SHIFT, LEFT INSIDE BLOCK	BACK STANCE
3	1	TURN LEFT 90°, LEFT OPEN HAND DOWN BLOCK	
		RIGHT THROAT STRIKE COMBINATION	FRONT STANCE
	2	RIGHT FRONT SNAP KICK, STEP FORWARD,	
		RIGHT OPEN HAND DOWN BLOCK	
		LEFT THROAT STRIKE COMBINATION	FRONT STANCE
	3	LEFT FRONT SNAP KICK, STEP FORWARD,	
		LEFT OPEN HAND DOWN BLOCK	
		RIGHT THROAT STRIKE COMBINATION	FRONT STANCE
	4	RIGHT FRONT SNAP KICK, STEP FORWARD,	
		RIGHT HAND CATCH, LEFT HAND BREAK (KIAI)	FRONT STANCE
1	1	TURN 180°, (w/left foot back), SPREAD BLOCK	FRONT STANCE
	2	LEFT FRONT SNAP KICK, STEP FORWARD,	
		LEFT HAND CATCH, RIGHT HAND BREAK (KIAI)	
		SPREAD BLOCK	FRONT STANCE
2	3	TURN RIGHT 90°, LEFT 45° OUTSIDE CHOP	BACK STANCE
	4	LEFT HEAD GRAB, RIGHT OVERHEAD PUNCH	
		STEP UP, LEFT SIDE KICK, TURN 180°	
		LEFT GROIN GRAB, PULL LEFT, (R) DOWN BLOCK	WALKING STANCE
3	1	STEP FORWARD, LEFT GROIN BLOCK	WALKING STANCE
		STEP FORWARD, RIGHT ELBOW STRIKE	HORSE STANCE
	2	SHIFT, RIGHT 45° OUTSIDE CHOP	BACK STANCE
		RIGHT HEAD GRAB, LEFT OVERHEAD PUNCH	
		STEP UP, RIGHT SIDE KICK, TURN 180°	
		RIGHT GROIN GRAB, PULL RIGHT, (L) DOWN BLOCK	WALKING STANCE
4	1	STEP FORWARD, RIGHT GROIN BLOCK	WALKING STANCE
		STEP FORWARD, LEFT ELBOW STRIKE	HORSE STANCE
	2	SLIDE LEFT, HIGH DOUBLE OVERHEAD	
		TECHNIQUE (POWER MOTION)	ATTENTION STANCE
		(RIGHT PALM FORWARD TO LEFT FIST)	
		(CLOSED FIST OPENS OVER TOP OF OPEN HAND)	
1	1	TURN LEFT 180°, LEFT OUTSIDE CHOP,	
		LEFT OPEN HAND DOWN BLOCK COMBINATION	FRONT STANCE
	2	STEP FORWARD, RIGHT INSIDE CHOP,	
		RIGHT OPEN HAND DOWN BLOCK COMBINATION	FRONT STANCE
		STEP FORWARD, LEFT INSIDE CHOP,	
		LEFT OPEN HAND DOWN BLOCK COMBINATION	FRONT STANCE
		STEP FORWARD, RIGHT THROAT STRIKE (KIAI)	FRONT STANCE
2	1	TURN RIGHT 180°, (LEFT FOOT TO RIGHT)	ATTENTION STANCE
		(BREATHING TECHNIQUE)	

CHOON BI (LEFT FOOT TO RIGHT FOOT)

ATTENTION, BOW



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: _____

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
	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
	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.