



Congratulations on your new Brown Belt!

Your patience, dedication and hard work are about to be paid off and your black belt is just around the corner. Keep it up and you will be joining the Black Belt Circle soon!

We have enclosed the material that you will be required to know for your Black Belt Test. But you will notice that the Form Sheet for Batsai is missing. From now on, we do not give you the “cheat sheet”, you must learn the form, a small piece at a time, as you come to class. You may, however, write down the pieces of the form for your reference.

If you have not already done so, plan on helping out in class and becoming a mentor to others. This is an important part of your training, and should not be neglected.

We are very proud that you have stuck with us for your Journey to Black Belt. But, like life, when you think your journey is complete, you realize that new paths are just opening up to you and the journey continues!

See you in class!

Talon Martial Arts Staff



## Brown Belt Coupon

In honor of receiving your Brown Belt, we would like to present this coupon for **25% 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](http://CenturyMartialArts.com) and tell us what you want.



Talon Martial Arts



**Brown Belt Coupon**

**25% off any Century Order**

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

# Brown to Black Class Tracker & Requirements

Classes:  
*(enter the dates  
 you attend class)*


Sparring:


<b>Black Test</b>									
<b>10 Mnths/80 classes+16 Sparring</b>									
<u>Forms Katas</u>									
Palgue Form 7									
Palgue Form 8									
Koreo									
Basai									
<u>Kicks</u>									
Frnt Snap, Jump Frnt Snap, Jump Back									
Rnd Hse, Jump Rnd Hse, Jump Back									
Side Kick, Jump Side Kick, Jump Back									
Triple Motion Front & Alt Jump Back									
Scissor Outside In Axe Kick									
Double Round Spin Hook, Round Hse									
Wheel Back Kick									
Skip Low, High Round House									
Wheel Kick, Twice									
Outside In, Wheel, Back, Round Hse									
Youn Wha Crescent Kick Drill									
<u>Advanced 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									
<u>Back Stance w/Trap/Ft Kck w/Punch</u>									
Double Down Block									
Double Center Block									
Double Low Knife Hand									
Double Center Knife Hand									
<u>One Steps 1-12</u>									
<u>Free Sparring</u>									
Two 1 Minute Rounds									



# 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 time, 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, 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 4 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:** \_\_\_\_\_

<b>Form:</b>	
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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

<b>Form:</b>	
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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

<b>Form:</b>	
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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

<b>Form:</b>	
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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.*