



Action Family ATA Martial Arts

Brown/Red Belt Permission to Test Sheet

Name: _____

1 st Brown= Songahm 1, 2, 3 & 4		2 nd Brown= Songahm 1, 2, 3, 4 & 5	
1 st Red Songahm 1, 2, 3, 4, 5 & In Wha 1		2 nd Red Songahm 1, 2, 3, 4, 5, In Wha 1 & 2	
Practice your rank form and low rank forms- see above. Remember to practice using strong, powerful and proper kicks, strikes, blocks and stances with good timing. Mark the box below with the date			
Your Rank Form	Songahm 1, 2 & 3 Practice each form 3 times	Songahm 4	In Wha 1
	Songahm 1		
	Songahm 2		
	Songahm 3		
	Songahm 1		
	Songahm 2	Songahm 5	In Wha 2
	Songahm 3		
	Songahm 1		
	Songahm 2		
	Songahm 3		

<p>Board Breaking</p> <p>Brown and Red Belts must use a hand technique and a kick to break boards at testing.</p> <p>My board break are _____</p> <p>_____</p> <p>_____</p> <p>Combination breaks should be done as though you are in a combat or fighting situation.</p>	<p>What is this month's life skill?</p> <p>_____</p> <p>What does it mean?</p> <p>_____</p> <p>_____</p> <p>*Extra- have someone nominate you for a Blue Star showing how you have used this life skill.</p>
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<p>Parent's Permission</p> <p>My child has completed all practices and has attended class regularly and has been demonstrating a Positive Attitude at home and school, showing Respect to self, other people and property, and displaying Self-Control over words and actions during the Testing Cycle. I hereby give him/her my permission to achieve his/her next Belt Rank at Testing.</p> <p>Parent Signature: _____ Date ____/____/____</p>

******Turn your testing sheet in one week before testing and receive a Green Star for your star bar.******

Color Belt Testing Fees: \$60.00

See front counter for due date

() Cash () Check () CC () Run CC on file