



**Action Family ATA Martial Arts
Camo/Green Belt Permission to Test Sheet**

Name: _____

Practice your rank form and one-steps. 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	One-Step #1	One-Step #2	One-Step #3

<p>Sparring Knowledge</p> <p>When attacking while sparring you should-</p> <p><input type="checkbox"/> Kick and punch as hard as you can <input type="checkbox"/> Have control <input type="checkbox"/> Use combinations <input type="checkbox"/> Only throw one move</p> <p>When defending you should-</p> <p><input type="checkbox"/> Block and Counter Attack <input type="checkbox"/> Run away <input type="checkbox"/> Hide <input type="checkbox"/> Evade (move)</p> <p>While sparring you can-</p> <p><input type="checkbox"/> Punch to the face <input type="checkbox"/> Punch to the chest <input type="checkbox"/> Kick to the chest, head and face <input type="checkbox"/> Kick below the belt <input type="checkbox"/> Hit in the back <input type="checkbox"/> Throw jump kicks</p> <p>Why do you bow and shake hands before sparring?</p>	<p>What is this month's life skill?</p> <p>_____</p> <p>What does it mean?</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

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