



# Action Family ATA Martial Arts

Name: \_\_\_\_\_

Fill out and Return by the due date in order to test for your next rank

<b>Rank: Green Belt</b>												
<b>Green Belt means:</b>												
<ul style="list-style-type: none"> <li>➤ The pine tree is beginning to develop and grow in strength.</li> <li>➤ The student's technique is developing power. The components of the basic techniques are beginning to work in unison.</li> <li>➤ As the pine tree develops, it sprouts green pine needles.</li> </ul>												
<b>Testing Requirements:</b>												
<ul style="list-style-type: none"> <li>➤ Suggested Minimum Number of Rank Classes to Test: 16</li> <li>➤ Suggested Minimum Number of Rank Classes to Test: 2</li> <li>➤ Rank Form: Songahm Four or Songahm Five</li> <li>➤ One-Step Sparring: One-Step #1, #2 and #3</li> <li>➤ Sparring</li> </ul>												
<b>Every time you practiced check it off in the boxes below</b>												
Practice what you know- even if its just a few moves												
Your Rank Form												
One-Step #1												
One-Step #2												
One-Step #3												
<ul style="list-style-type: none"> <li>_____ Test for your Form Stripe</li> <li>_____ Test for your One-Step Stripe</li> <li>_____ Test for Your Detail Stripe</li> <li>_____ Turn your Goal Sheet in at class for a Green Star</li> </ul>												

My child has **completed all practices** and has **demonstrated a Positive Black Belt Attitude at home and school** during the Testing Cycle. I hereby give him/her my permission to achieve his/her next Belt Rank at Testing.

**Testing Fees for White- Rec. Black- See front counter**

**All fees must accompany Testing Goal Sheets**

**Life Skill Sheets must accompany Testing Goal Sheets**

**All Testing Sheets turned in on or before the Due Date will receive \$10.00 off Testing.**

\_\_\_\_\_ Cash      \_\_\_\_\_ Check      \_\_\_\_\_ Run Credit Card on file

Parent Signature: \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_