



Action Family ATA Martial Arts

Purple/Blue Belt Permission to Test Sheet

Name: _____

Practice your rank form and low rank forms. 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 (Dec. Purple/Blue Belts)	Songahm 2 (Rec. and Dec. Blue Belts)	Songahm 3 (Dec. Blue Belts)

<p>Board Breaking</p> <p>Purple and Blue Belts must use a hand technique to break one board at testing.</p> <p>My board break is a/an _____</p> <p>Check the 5 skills below that can gained by breaking boards:</p> <p>() Persistence () Power () Evading () Focus/Targeting () Proper Technique () Jumping () Confidence () Blocking</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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