

AMERICAN SCHOOL OF MARTIAL ARTS

Belt Requirements (Pee Wees)

*There are minimum measurements based on 70% of your attendance. **This is not a contract to test.** Your test date will be determined between you and your instructor or mentor and will occur when he/she believes you are ready. Sometimes for any reason, it may take a little longer, please keep your instructor informed of any prolonged absence(s).*

** Private lessons can be used to make up missed lessons and help you stay on track.*

Yellow Belt

15 lessons (2 months)

Warm Ups
Animals: 2
Wrist Escapes: 2

Fee: \$35

Orange Belt

30 lessons (3 Months)

Warm Ups
Kicks: 2
Animals: 5
Escapes: 1
Wrist Escapes: 4

Fee: \$40

Blue Belt

45 lessons (6 Months)

Warm Ups
Kicks: 4
Animals: 8
Escapes: 2
Wrist Escapes: 6
Throws: 1

Fee: \$45

Green Belt

65 lessons (9 Months)

Warm Ups
Kicks: 6
Animals: 12
Escapes: 3
Wrist Escapes: 8
Throws: 2

Fee: \$60

Brown Belt

85 lessons (1 year)

Warm Ups
Kicks: 8
Animals: 15
Escapes: All
Wrist Escapes: 10
Throws: 3

Fee: \$75

Brown Belt (Stripe)

115 lessons (18 months)

Warm Ups
Kicks: 10
Animals: 20
Escapes: All
Wrist Escapes: All
Throws: 4

Fee: \$75

Red Belt

170 lessons (2 years)

Warm Ups
Kicks: All
Animals: 26
Escapes: All
Wrist Escapes: All
7 Hapkido Basics: All
Throws: 5

Fee: \$100

After the student reaches Pee Wee Red Belt or around 7 years old, they are slowly transitioned into the Junior Program.

Their next rank will be the next color but from the Junior requirements. Talk to your instructor for the details.

**AMERICAN SCHOOL OF MARTIAL ARTS – WEST PALMDALE
TESTING PACKET**

Martial Artist Name: _____

Please circle and list total months/years trained

Yellow _____

Orange _____

Blue _____

Green _____

Brown _____

Brown (Stripe) _____

Red _____

Requirements:

- Circle/Checkmark what you know on the following sheets.
- Wear your complete uniform to the test.
- You must register & pay your test fee before testing begins (cash or check preferred).
- Any questions regarding the test should be addressed prior to the test date.
- Make checks payable to ASMA – West Palmdale

844 W Palmdale
Palmdale, CA 91506

AMERICAN SCHOOL OF MARTIAL ARTS – WEST PALMDALE

TESTING PACKET

Designated Techniques

Animal Techniques

- Palm Deflect
- Jade Girl
- Squat Side Kick
- Swallow
- Ox Jaw Switch

- Jamming
- Gorilla (standing)
- Press
- Horse
- Scissors

- Shuttle
- Snake (half)
- Trapping Knife Hand
- Diagonal Punch
- Diagonal Front Kick

- Overhead Hammer Fist
- Hawk
- Dove (half)
- Turtle
- Bird

- Cobra
- Binding
- Stork (standing)
- Deflecting Hand
- Chicken
- Monkey (half)

- Tiger Springs from Den
- Rooster Sheds Feathers
- Chicken Spinning Fist
- Squat 1
- Rein Horse

Kicks

- Front
- Jump Front
- Cross Behind Side Kick
- Spinning Side Kick
- Flying Side Kick
- Spinning Roundhouse
- Switch Roundhouse
- Step to Side Roundhouse
- Outside Crescent Kick
- Inside Crescent Kick
- Spinning Crescent Kick
- Hook Kick
- Spinning Crescent Kick
- Hook Kick
- Back Thrash Kick
- Twist/Point Back Kick

Hapkido Basics

- Head Wrap
- Head Press
- Chin Strike
- Shoulder Wrap
- Elbow Break
- Wrist-Shoulder Hold
- Diagonal Sweep to Knee

Throws

- Star
- Wrap & Slap
- Wrist Throw
- Head Wrap Chin Pull
- Walk Around Take Down

Basic Warmups

- Shoulder Height Knife Hands
- Over the Knee Knife Hands
- High/Low Knife Hands
- Downward Backfists
- Rising Backfists

- Slow Motion Front Kick
- Slow Motion Side Kick
- Two-Part Front Kick
- Two-Part Side Kick
- Continuous Front Kicks
- Continuous Side Kicks

- Center Body Crunch Set

Escapes

- Frontal Choke
- Bear Hug
- Head Lock
- Police Choke

Wrist Escapes

- Inside Lift
- Outside Circle
- Inside Circle (cross grab)
- Pull Out
- Strike and Swing
- Butterfly