**Testing Requirements**

**Kicking Badge**

$10 testing fee must be attached to this form and submitted prior to

testing date! **(all fees must be up to date in order to test!)**

**If you think you are ready to test, Please see Mr. Bain or Miss. Hannah before or after class for pre-testing.**

Testing Date: \_\_\_\_\_\_\_\_\_\_ Instructor’s initials to approve testing: \_\_\_\_\_\_\_

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In order to receive your badge for your \_\_\_\_\_\_\_\_\_\_\_\_ **Kick**, you must proficiently demonstrate how to apply this Kick 5 different ways.

1. **Stationary** – From Fighting Stance, kicking with front leg.

2. **Cross-over** – From Fighting Stance, rear foot crosses in front of lead foot, kick is then applied with rear foot.

3. **Pivot** – From Fighting Stance, pivoting on lead foot, rear foot comes out from behind to apply the kick.

4. **Shuffle** – From Fighting Stance, lead foot chambers and begins to apply kick as rear foot slides forward taking position of lead foot. The goal is to have lead foot strike target as rear foot comes to rest.

5. **High Jump** – From Fighting Stance, throw rear knee forward and up to propel body off the ground. Apply kick with front foot while still in the air.

**Testing Tips:**

-Be enthusiastic (speak loud, smile)

-Clean, un-wrinkled uniform

-Long hair tied back

-Finger and toe nails trimmed and clean

-KNOW YOUR STUFF! COME PREPARED!

**“Perfect Practice Makes Perfect”**