**Testing Requirements**

**Black Fist – Proper Punches**

$5 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 before or after class for pre-testing.**

Testing Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

In order to receive your badge for your Perfect Punches, you must proficiently demonstrate how to do a proper punch.