

# chrisdohertytraining

Self Defence, Team-Building & Martial Arts Training

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4a Grange Road, Sevenoaks, Kent, TN13 2PQ

## Breakdown of Our Progress Badges

Etiquette

Striking

Level 1



Listen carefully and follow instructions. Work with others. Behave appropriately at the beginning and end of class.

Level 1



Able to strike effectively with both hands, both individual strikes and 2-strike combinations.

Level 2



Give good example to others. Help and support the learning of others.

Level 2



Able to complete a variety of strikes with one or both hands in a variety of combinations.

Level 3



Dress appropriately and independently throughout; helping others do the same.

Level 3



Able to strike effectively using hands, feet, knees and elbows.

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## Breakdown of Our Progress Badges

### Breakfalls

### Groundwork



Significant progress towards successfully completing all breakfalls on one side.

Level 1



Good attempts to win when on the ground.

Level 1



Able to perform all breakfalls on both sides and (quite frequently) when being thrown.

Level 2



Good technique when defending or attacking on the ground. Impressive fighting spirit.

Level 2



Able to perform all breakfalls with some skill when asked to, and with success after being thrown.

Level 3



Able to respond effectively when attacking/defending against an experienced opponent.

Level 3

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## Breakdown of Our Progress Badges

Throwing

Blocking



Able to complete a hip throw and one other, with a finish.



Attempts a forearm block, fair technique.

Level 1

Level 1



Five throws secure, with a finish.



Forearm block secure; able to attempt a range of other blocks with understanding of technique.

Level 2

Level 2:



Ten throws secure, with a range of finishes.



Secure knowledge of technique involved in a range of blocks, good proficiency in a number of them.

Level 3

Level 3

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## Breakdown of Our Progress Badges

Good progress towards the next belt

Good progress towards red belt.



Good progress towards blue belt.



Good progress towards yellow belt.



Good progress towards purple belt.



Good progress towards orange belt.



Good progress towards brown belt.



Good progress towards green belt.



Good progress towards black belt.

