

Student Testing & Stripe Progression System

Peoria Championship Martial Arts

Building Champions in Life

PURPOSE

This procedure explains how students progress through each quarterly training cycle, how stripes are earned, and what is required for graduation.

The goal of this system is to:

- Create steady progress
 - Prevent students from becoming overwhelmed
 - Allow instructors to focus on quality and retention
 - Build confidence through step-by-step success
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OVERVIEW OF THE QUARTERLY TRAINING CYCLE

Each quarter, students learn approximately **8–10 techniques** depending on rank and curriculum requirements.

The quarter is divided into three instructional months:

Month	Focus	Stripe Opportunity
Month 1	First 4 techniques	Orange Stripe #1
Month 2	Remaining techniques	Orange Stripe #2
Month 3	Review & refinement of all techniques	Orange Stripe #3

MONTH 1 – INITIAL TECHNIQUE INSTRUCTION

During Month 1:

- Students are taught approximately 4 new techniques
- Instructors focus on:
 - Proper stance
 - Basic execution
 - Safety
 - Terminology
 - Understanding the purpose of the technique

End of Month 1 Test

At the end of the month, students are tested on those techniques.

If the student demonstrates an acceptable level of proficiency, they earn:

Orange Stripe #1

Acceptable Proficiency Includes:

- Correct movements
- Good effort
- Reasonable memory of the technique
- Ability appropriate for the student's age and rank
- Focus and
- Students are expected to progress and improve over time.

Every student progresses at a different pace. Participation. Perfection is NOT expected.

MONTH 2 – ADDITIONAL TECHNIQUE INSTRUCTION

During Month 2:

- Students learn the remaining techniques for the quarter
- Students continue practicing Month 1 material during regular classes

End of Month 2 Test

Students are tested on the newly learned techniques.

If the student demonstrates acceptable proficiency, they earn:

Orange Stripe #2

MONTH 3 – REVIEW & REFINEMENT

Month 3 focuses on:

- Reviewing all techniques from Months 1 and 2
- Improving detail, confidence, and execution
- Refining timing, balance, coordination, and focus

This month is critical because repetition and refinement are how students truly develop skill.

End of Month 3 Test

Students are tested on ALL techniques taught during the quarter.

If the student demonstrates acceptable proficiency, they earn:

Orange Stripe #3

ORANGE STRIPE REQUIREMENT

To be eligible for graduation, a student must earn:

3 Orange Stripes

These stripes represent:

1. Learning
 2. Retention
 3. Improvement and refinement
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BLACK STRIPE REQUIREMENT

In addition to orange stripes, students must also earn:

At least 2 Black Stripes

How Black Stripes Are Earned

A black stripe is awarded for attendance.

- Students earn:
 - **1 Black Stripe for every 8 classes attended**

Why Attendance Matters

Martial arts skill is developed through:

- Repetition
- Consistency
- Muscle memory
- Discipline
- Time on the mat

Even talented students cannot progress properly without regular attendance.

INDIVIDUAL DEVELOPMENT & PROGRESS

Every student develops at a different rate physically, mentally, and emotionally. Some students may progress quickly in coordination and memory, while others require additional repetition and practice. This is completely normal.

At Peoria Championship Martial Arts, we do NOT compare one student to another.

Instead, we evaluate:

- Individual improvement
- Personal effort
- Growth since the previous test
- Attitude and participation
- Continued progress over time

Our goal is to help each student become a better version of themselves — not to compete against the progress of others.

Consistent practice, attendance, patience, and perseverance are the keys to long-term success.

GRADUATION ELIGIBILITY REQUIREMENTS

To graduate to the next belt rank, students must have:

- 3 Orange Stripes
 - Minimum of 2 Black Stripes
 - Tuition account in good standing
 - Consistent class participation and effort
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GRADUATION REGISTRATION PROCEDURE FOR PARENTS

After a student earns **2OrangeStripes** , a Graduation Registration Form will be issued.

If for some reason your student will not be promoted after you have registered, your fee will be refunded.

Graduation Fee

As explained during enrollment, the graduation fee is:

\$40 per graduation

This fee covers:

- All three in-class tests
 - Graduation ceremony
 - New belt
 - Printed certificate
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EARLY REGISTRATION DISCOUNT

We strongly encourage families to register early.

If registration is completed before the deadline, families receive:

\$10 Early Registration Discount

The purpose of the discount is not about the money — it is to help us prepare properly for graduation.

The process of:

- Ordering the correct size belt
- Ordering the correct belt color
- Handling possible manufacturer backorders
- Printing certificates
- Organizing graduation materials

is extremely time consuming and requires advance planning.

IMPORTANT REGISTRATION INFORMATION

Parents must still complete the Graduation Registration Form even if they do NOT plan to attend the graduation ceremony.

Registration is required so we can:

- Order belts
- Prepare certificates
- Verify student eligibility
- Organize graduation records properly

LATE REGISTRATIONS

If registration is NOT completed by the cutoff date:

We cannot guarantee that your student's belt will arrive in time for graduation.

If the belt has not arrived:

- The student will still participate in graduation
- The student will still receive their certificate
- The belt will be ordered and presented later during class once it arrives

We appreciate everyone helping us stay organized so we can provide the best possible graduation experience for every student and family.

WHY GRADUATION MATTERS

Graduation is a huge part of your student's growth. Performing in front of others builds confidence, courage, and pride. It is their opportunity to demonstrate the skills they have worked so hard to develop in front of mom, dad, grandparents, family, and friends.

Just like you would not have your student practice for weeks and then miss the big game, graduation is that important milestone moment for them.

Graduation helps students:

- Build self-confidence
- Learn to perform under pressure
- Develop pride in accomplishment
- Gain experience speaking and performing in front of groups
- Feel recognized for their hard work and dedication

Even if you cannot attend the graduation ceremony, please complete the registration process so we can ensure your student's belt and certificate are prepared and ready.

We look forward to celebrating your student's progress and achievements.

This is a BIG milestone in their martial arts journey!

IMPORTANT NOTES FOR PARENTS

Every Student Progresses Differently

Some students learn quickly physically.
Others need more repetition and confidence-building.

This is normal.

Our goal is long-term development, not rushing students through ranks.

Stripes Are Earned — Not Automatically Given

Students must demonstrate:

- Effort
- Improvement
- Participation
- Focus
- Acceptable proficiency

This helps maintain the integrity and value of each rank earned.

Missing Classes Affects Progress

If students miss classes frequently:

- They may struggle with retention
- They may not feel confident during testing
- They may require additional review before earning a stripe

Consistent attendance is one of the biggest keys to success.

STAFF EXPECTATIONS

Instructors Will:

- Teach techniques consistently according to curriculum
- Encourage students positively
- Evaluate students fairly
- Maintain standards while protecting student confidence
- Communicate concerns early with parents when needed

Staff Should Remember:

The goal is not simply “passing tests.”

The goal is building:

- Confidence
- Discipline
- Perseverance
- Skill
- Long-term success habits

PHILOSOPHY

The stripe system allows students to succeed through small victories over time rather than overwhelming them with everything at once.

This structure helps students:

- Stay motivated
- Build confidence
- Retain material better
- Develop discipline and consistency
- Experience steady progress toward their next belt rank and black belt.

At Peoria Championship Martial Arts, we are committed to helping every student grow both on and off the mat as we continue:

Building Champions in Life.