



# Belt Tipping & Promotion Testing Protocol

---

## What Is Testing?

Martial arts testing is an opportunity for students to challenge themselves, measure their progress, improve their technique, and build self-confidence.

Testing is held every **9 weeks**, and our goal is for each student to be prepared to test.

**They will not test every cycle.**

**Testing Fee: \$50**

**Students must have all their tips to register for Testing!**

Students may register for testing online or on the iPad on the wall near the attendance iPads once they have met the tip requirements for their belt rank.

---

## Tip Requirements by Rank

- **White Belts:** 3 tips required
- **Yellow Belt through Black Stripe:** 4 tips required
- **Black Belt Stripes:** Follow a **3-month semester tipping process**

---

# What Is Required for a Student to Be Eligible?

Testing eligibility consists of three important requirements.

---

## 1. Attendance

Students are expected to attend and participate in class at least **two times per week**.

Consistent attendance is one of the most important factors in student progress and readiness.

Attendance is tracked through **check-in on the iPad** located on the wall as you enter the Dojang.

---

## 2. Curriculum Knowledge

Students must be actively learning and retaining the curriculum required for their **next belt**.

This includes:

- Techniques
  - Forms (Poomsae)
  - Self-defense
  - Sparring skills (when applicable)
- 

## 3. Belt Tips

Students must earn the required number of tips before registering for testing.

Tips represent readiness and demonstrated understanding of required material.

**Students must have all their tips to register for Testing!**

---

# How Do Students Earn Tips?

Tips are earned through a combination of:

- Attendance
- Effort
- Technical proficiency
- Curriculum knowledge
- Positive attitude

Tips may be awarded **at any time during class** when a student demonstrates readiness.

When a tip is earned, instructors place the appropriate **tip tape** on the end of the student's belt.

Self-defense proficiency is always judged according to rank level. Expectations increase as students advance.

---

## White Belt Tip Requirements

### White Tip

Students must demonstrate:

- Stepping Side Kick
  - 10 Various Punches (per curriculum)
- 

### Yellow Tip

Students must demonstrate:

- 18 Various Kicks (per curriculum)
- 

### Green Tip

Students must demonstrate:

- 10 Various Blocks

- 10 Various Elbow Strikes
- 

## **Color Belt Tip Requirements**

### **White Tip**

Students must demonstrate:

- Breaking technique
  - Overall effort in class
- 

### **Yellow Tip**

Students must demonstrate:

- Poomsae (per curriculum)
  - Overall focus in class
- 

### **Green Tip**

Students must demonstrate:

- Self-defense techniques (per curriculum)
  - Leadership toward both children and adults
- 

### **Purple Tip**

Students must demonstrate:

- Sparring drills
  - Sparring proficiency
- 

## **9-Week Curriculum Cycle**

Martial Arts of West End follows a structured **9-week curriculum cycle** to guide student progress.

---

## White Tips

May be awarded after:

- **11 class attendances**
  - Typically during **Weeks 3–4**
- 

## Yellow Tips

May be awarded after:

- **13 class attendances**
  - Typically during **Weeks 5–6**
- 

## Green Tips

May be awarded after:

- **15 class attendances**
  - Typically during **Week 7**
- 

## Review Weeks

**Weeks 7 and 9 are Review Weeks.**

These weeks are extremely important and should be attended **even if the student has already earned all required tips.**

Review Weeks:

- Reinforce important curriculum
- Prepare students for testing
- Build confidence

- Strengthen technique

Students should plan to attend consistently and work hard during these weeks.

---

## What Happens on Testing Day?

Testing day is both an **evaluation** and a **celebration** of student growth.

Students will be expected to:

1. Perform basic kicks, punches, and blocks according to curriculum
  2. Demonstrate proper dojang etiquette
  3. Recite the **School Oath**
  4. Demonstrate required techniques, forms, and skills
- 

## Most Important Expectations on Testing Day

- Martial arts etiquette
- A positive attitude
- Best effort

It is normal to feel nervous during testing. Everyone experiences this at some point—including instructors.

Testing is designed to help students grow.

Most importantly, testing is a **special day and a celebration**. Friends and family are encouraged to attend and support students.

---

## What Happens During Future Testings?

As students advance, they are responsible for:

- New material for their next rank
- Previously learned material

This means students continually build a larger skill base.

With each test, students:

- Strengthen previous techniques
- Improve confidence
- Develop greater control and understanding

Progress happens through repetition and consistent review.

---

## **What Is the Value of Testing?**

Testing provides several important benefits for students.

---

### **1. Confidence Building**

Testing challenges students to step outside their comfort zones and helps develop confidence and self-esteem.

---

### **2. Personal Growth**

Testing helps students:

- Learn about themselves
  - Overcome challenges
  - Set and achieve goals
  - Develop resilience
- 

### **3. A Meaningful Milestone**

Every testing experience is unique.

Each testing represents progress, growth, and achievement.

No two tests are ever the same.

---

# What If My Child Doesn't Get a Tip?

At Martial Arts of West End, not earning a tip does **not** mean failure. It simply means your child needs more practice before moving forward.

We call this a **Positive Fail**.

A Positive Fail occurs when a student attempts to earn a tip but is not quite ready yet. This is not negative—it is an important part of learning.

---

## Why Would a Student Not Receive a Tip?

Possible reasons include:

- Attendance requirements were not met
  - Techniques are not yet consistent
  - Curriculum material is incomplete
  - Focus or effort needs improvement
  - Additional confidence or control is needed
  - Sparring readiness has not yet been demonstrated
- 

## What Happens If a Tip Is Not Awarded?

If your child does not receive a tip, instructors will:

- Provide clear feedback
- Demonstrate corrections
- Give specific coaching instructions
- Encourage continued effort

Students always leave with **direction**, not confusion.

---

## When Will My Child Receive the Tip?

Students are tipped when they are **ready**, not based only on time.

You may hear instructors say:

**"You will get tipped when you are ready."**

This builds:

- Responsibility
- Patience
- Pride
- Confidence

Tips are earned—not scheduled.

---

## **How Parents Can Help Their Child Prepare for Testing**

Parents play a major role in student success. Your support helps your child build confidence and discipline.

---

### **Encourage Consistent Attendance**

Students who attend regularly:

- Learn faster
- Build stronger skills
- Gain confidence sooner

We strongly recommend **at least two classes per week.**

---

### **Support Practice at Home**

Short practice sessions at home make a major difference.

Helpful home practice ideas:

- Review punches and kicks
- Practice poomsae steps
- Work on balance and control
- Repeat techniques slowly and correctly

Even **5–10 minutes of practice** can improve progress.

---

## **Encourage Effort, Not Perfection**

Focus on:

- Effort
- Improvement
- Consistency

Avoid focusing only on results.

Confidence grows when effort is recognized.

---

## **Stay Positive During Challenges**

If your child struggles:

- Encourage persistence
- Remind them progress takes time
- Celebrate improvement
- Support instructor guidance

Growth often happens during difficult moments.

---

## **Help Build Confidence Before Testing**

You can help your child feel confident by:

- Encouraging regular attendance
- Supporting review during Review Weeks
- Talking positively about testing
- Reminding them that doing their best is what matters most

Confidence is built through preparation.

---

# Student Testing Day Checklist

Testing day is an exciting milestone. Being prepared helps students feel confident, focused, and ready to perform at their best.

---

## What to Wear

Students should arrive in:

- A **clean MAWE uniform**
- Their **current belt**
- Properly tied belt and neat uniform appearance

A clean and prepared uniform shows respect for the school and the testing process.

---

## When to Arrive

Students should arrive:

**At least 30 minutes before the posted testing time.**

Arriving early allows time to:

- Check in
  - Prepare mentally
  - Warm up properly
  - Practice techniques
  - Avoid unnecessary stress
- 

## What to Bring

Students should bring:

- **Your Burning Desire**
- **Family and Friends to support you**

Testing is a celebration of hard work and progress.

---

## How to Prepare the Night Before

Students should:

- Eat healthy meals
- Get proper rest
- Hydrate well
- Review techniques and forms
- Prepare their uniform and belt

Preparation the night before builds confidence.

---

## Testing Etiquette Reminders

Before testing begins, students should:

- Get on the mat early
- Practice techniques
- Stretch properly
- Use the restroom before testing begins

During testing:

- Show strong martial arts etiquette
  - Listen carefully
  - Stay focused
  - Give your best effort
- 

## The MAWE Standard

At Martial Arts of West End:

**We do not lower standards.**

**We raise students to meet them.**

Every student progresses at their own pace.

Every challenge is an opportunity to grow.

Every step forward is earned.

And every earned step builds confidence that lasts a lifetime.

---

## Parent FAQ Section

The following are common questions we receive from parents regarding attendance, testing, and student progress.

Our goal is to provide clear answers so families feel confident and informed throughout their child's martial arts journey.

---

### What if my child misses classes?

It's okay if your child misses classes occasionally.

Depending on the number of classes missed, it may slow down their advancement. However, martial arts is **not a race**. Each student progresses at their own pace.

The most important thing is to:

- Return to class consistently
- Stay committed to training
- Continue working toward improvement

Progress happens through consistency, not speed.

---

### Can my child test early?

**No, we do not offer early testing.**

Testing cycles are structured to ensure students have:

- Enough time to learn properly
- Time to practice consistently
- Time to build confidence

Testing early would reduce preparation time and weaken skill development. Our goal is strong, confident students—not rushed advancement.

---

## What happens if we miss testing day?

Testing is held every **9 weeks**, so if a student misses a testing day, they will have another opportunity during the next testing cycle.

Missing a test is **not a punishment**.

We understand that life is busy, and sometimes families must make decisions about schedules and priorities.

In many cases, missing one testing cycle simply gives the student:

- More time to prepare
- More time to practice
- More confidence at the next test

Often, extra preparation leads to even stronger performance.

---

## How long between belts?

Testing is held every **9 weeks**, which allows for approximately:

**5 testing opportunities each year**

Advancement depends on:

- Attendance
- Effort
- Skill development
- Tip completion

Some students progress faster, while others take more time—and both paths are normal.

---

## What if my child is nervous?

We like to say:

**"Being nervous is good—that means it is important to you."**

Even instructors feel nervous during testing. Nervous energy means you care about doing well.

Students can use nervous energy to:

- Stay focused
- Perform with intensity
- Give their best effort

A helpful tip for testing day:

**Find a classmate and begin practicing together.**

Practicing helps:

- Reduce nervousness
- Build confidence
- Get the body moving
- Focus the mind

Most students feel much better once they begin warming up and practicing.

---

## **Final MAWE Reminder**

At Martial Arts of West End, our focus is not just advancement—it is growth.

We believe:

- Confidence is built through preparation
- Strength is built through consistency
- Character is built through effort

Every student progresses differently, and every journey matters.

**We do not lower standards.**

**We raise students to meet them.**