

TESTING INFORMATION

PRE-TESTING

Pre-testing is a time where the instructors can evaluate students to see if they're ready for the upcoming belt testing. It is VERY important that students are on time for classes, and start attending classes at the beginning of pre-testing week to allow for time just in case they need extra practice throughout the week.

GENERAL OVERVIEW

- **Students will be demonstrating their testing material in CORE CLASSES during pre-testing.** If a student has at least 14 classes prior to pre-testing, in the current testing cycle, & has been to class within 7 days, they will be eligible to pre-test. Once a student has adequately presented their material, they will be notified that they've "passed" and are ready to go to belt testing. Color Belts will receive their THIRD STRIPE during pre-testing week.
- **If a student does NOT pass during pre-testing class...** PLEASE keep bringing them to their classes! Our students work very hard, and we all have "off nights" sometimes. During this time, any students that need a little extra TLC to prepare for testing can continue working with instructors. Basic Membership students are invited to come to as many classes as necessary during pre-testing week to help ensure their success!
- **Testing Material Requirements by rank**
 - **White/Orange/Yellow belts:** Form (or Form Segments)
 - **Camo & Green Belts:** Form (or Form Segments) & Sparring
 - **Purple Belts:** Form (or Form Segments), Sparring & Board Break (only performed during pretesting)
 - **Blue/Brown/Red/Black Rec.:** Form (or Form Segments), Sparring & Board Break (blue/brown only break boards during pretesting)
 - **Black Belt MIDTERMS:** Form, Sparring, Board Break & Protech (protech performed only during pretesting)
 - **Black Belt TESTING FOR RANK:** Form, Sparring, Board Break & Passing FIT test (see below)
- **ALL students that have PASSED pre-testing will be given their CARD at the end of class.** This card MUST be signed on the BACK of the card by a parent (or by the student if 16 & older) & be returned to the FRONT DESK! This acknowledges that you realize your student is ready to go to testing. **We use these cards during belt testings so PLEASE make sure they stay at the academy
- **CLASS CANCELLATIONS**** During pre-testing & testing week there will be class cancellations listed on the testing information sheet that will be posted on our website & sent to you. Please make sure you take note of the cancelled classes.

BOARD BREAKING

- When students reach the level of PURPLE belt & higher, they will be required to break board(s) in order to go to testing. Board breaking requirements are available on our website. We will announce when board breaking for pre-testing will occur.
- RED BELTS & ABOVE will be required to BREAK AT TESTING!

FIT TEST

- Students that are testing to become Legacy instructors, move up in Legacy levels, and/or are testing for 2nd degree decided or 3rd degree decided, are required to pass a FIT test.

TESTING FEES

- Evening class students will have a testing fee due by the FRIDAY of pre-testing week. The testing cost varies by age group & belt level (all color belts testings range from \$50-\$70). We will bill the testing fees automatically for every student that passes pretesting, unless you notify us that your child will not be testing.

BELT TESTING!

This is it! The moment our students have worked so hard for! Testing is held at our academy, and family & friends are encouraged to come watch testing! Students will perform their required testing material for our panel of instructors. Afterward the instructors will convene to review testing scores, and there will be a belt/promotion ceremony.

WHAT TO WEAR AND BRING TO TESTING

- CLEAN uniform with PATCHES sewn on! Please make sure uniform is wrinkle free, and if you want to wear a t-shirt under your uniform top, please make sure it's SOLID white!
- HAIR should be out of student's face! If a student has long hair, please make sure it's pulled up and secured
- NO JEWELRY can be worn during testing. This is for the safety of the student as well as their peers. Thanks!
- All students bring BOOTS & GLOVES! Camo & Above need sparring gear
- CAMO BELTS & ABOVE: Bring sparring gear! Gentlemen should have their protective cups on!

CAN'T MAKE IT TO TESTING?

- We put out testing dates every summer for the following year. Please review those dates & store them in your calendar! Students enjoy testing WITH their peers and not feeling like they're behind. We know things come up that are out of our control, which is why we offer...
- MAKE UP TESTING: For students White-Red Belt Recommended, we offer a "make up testing" the week after testing. There's an additional \$30 fee to attend make up testing.

WHAT TO EXPECT

- ARRIVE 10-15 minutes prior to testing starting. This will allow you to get a good seat, and for students to practice their material before testing begins.
- When testing begins, students will go to a "staging area" with instructors, and will be called out in groups to perform their testing material.
- PLEASE REMAIN SEATED We will have chairs setup around the perimeter of the testing area. Everyone must remain in a seat (small children are fine in laps) and we cannot have anyone in the audience sitting on the

floor due to safety reasons as well as to reduce distractions for testers. We do not know where students will be performing ahead of time, so please keep that in mind as they're called up that you might not have the best view from your seat. If you're able to quickly move to another seat for a better view before they begin, you are welcome to do so!

- Please no food or drinks on the workout floor during testing!
- NO FLASH PHOTOGRAPHY & VIDEOGRAPHY! This is a big one! Students are typically very nervous as they're testing. A bright flash, or constant light shining in their eyes can be very distracting as they're trying to concentrate on their testing material. Please check and double check that your flash is off during this time.

WHAT IF MY CHILD DOESN'T PASS TESTING

"Success is not final. failure is not fatal: it is the courage to continue that counts. "
-Winston Churchill

- Let's start by saying it is NEVER easy for the student, their family, or our instructors when a student doesn't pass testing. Please keep in mind that when children are going through this experience, they're looking to their parents for reactions and guidance. They're often scared that they've disappointed their parents & their instructors, and this is never the case for us! A student is only given the green light to go to testing after they've gone through all of the layers of pre-testing week and training. Sometimes things just don't go our way, and we encourage parents to have conversations with their kids... allow them to let them feel their emotions regarding the situation, explain that no one is disappointed in them, and encourage them to get back up and try again!
- Color belts have 2 opportunities to perform their form/form segments at testing. Students White-Brown Belt Decided have the opportunity to come back and perform their form