

# Allstar Martial Arts Academy



## Rank Testing Requirements

Requirements subject to change.

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## WHITE BELT TO ADVANCED RED BELTS

Rank	Next Rank	Minimum Time	Classes	Pattern	Board Break	Sparring
White (Under 8yrs)	White w/ Color Stripe	1 Test Cycle	12	Instructor Choice	Basic Hand or Foot	None
White (Min. 8 yrs Old)	Yellow	1 Test Cycle	12	Instructor Choice	Basic Hand or Foot	None
Yellow	Advanced Yellow	1 Test Cycle	12	Instructor Choice	Basic Hand or Foot	None
Advanced Yellow	Green	1 Test Cycle	13	Instructor Choice	Basic Hand or Foot	None
Green	Green MT	1 Test Cycle	14	Instructor Choice	Instructor Choice Hand or Foot	2 One Minute Rounds
Green MT	Advanced Green	1 Test Cycle	14	Instructor Choice	Instructor Choice Hand or Foot	2 One Minute Rounds
Advanced Green	Advanced Green MT	1 Test Cycle	14	Instructor Choice	Instructor Choice Hand or Foot	2 One Minute Rounds
Advanced Green MT	Blue	1 Test Cycle	14	Instructor Choice	Instructor Choice Hand or Foot	2 One Minute Rounds
Blue	Blue MT	1 Test Cycle	14	Instructor Choice	Instructor Choice Hand or Foot	2 One Minute Rounds
Blue MT	Advanced Blue	1 Test Cycle	14	Instructor Choice	Instructor Choice Hand or Foot	2 One Minute Rounds
Advanced Blue	Advanced Blue MT	1 Test Cycle	15	Instructor Choice	Instructor Choice Advanced Technique	2 One Minute Rounds
Advanced Blue MT	Red	1 Test Cycle	15	Instructor Choice	Instructor Choice Advanced Technique	2 One Minute Rounds
Red	Red MT	1 Test Cycle	15	Instructor Choice	Instructor Choice Advanced Technique	2 One Minute Rounds
Red MT	Advanced Red	1 Test Cycle	15	Instructor Choice	Instructor Choice Advanced Technique	2 One Minute Rounds

### Notes:

- Students must meet all requirements prior to the test. No exceptions will be made.
- Final permission to test is dependent on obtaining necessary stripes prior to testing and/or approval after a pre-test evaluation administered by your Instructor.
- Rank advancement is at the instructors discretion and will be based off of maturity level, skill level, and overall behavior.

## **ADVANCED RED BELT TO 1<sup>ST</sup> DAN BLACK BELT**

Beginning at the rank of Advanced Red Belt, candidates must meet the following requirements:

- Must attend a minimum of 3 classes per week. See the front desk to upgrade your membership.
- Must practice & perform all required patterns.
- Missed classes can be made up by attending make-up classes (only valid within cycle you missed) or private lessons (1/2 hr lesson = 3 classes)
- 1 tournament competition prior to testing for Black Belt
- Participation in the board breaking event during the same cycle as your Black Belt test
- Complete the Black Belt candidate technical evaluation prior to the Black Belt test
- Complete the AMAA written test in the same cycle as your test for Black Belt
- Submit a typed essay on the topic given to you in the same cycle as your test for 1<sup>st</sup> Dan Recommended Black Belt
- Successfully complete the AMAA physical portion of the test to include breaking all four board stations successfully.

**The above requirements are mandatory with no exceptions.**

Rank	Minimum Time	Minimum Classes	Pattern	Board Break	Sparring	Next Rank
Advanced Red	1 Test Cycle	22	Instructor Choice	Instructor Choice Advanced Technique	3 Two Minute Rounds	Advanced Red MT1
Advanced Red MT1	1 Test Cycle	22	Instructor Choice	Instructor Choice Advanced Technique	3 Two Minute Rounds	Advanced Red MT2
Advanced Red MT2	1 Test Cycle	22	2 Patterns – Instructor Choice	4 TOTAL: 2 Kicks (R +L) - Basic Kick, Jump or Spin or Jump-Spin Kick; 2 Hand (R + L)	3 Two Minute Rounds, 1 One Minute 2 v 1	1st Dan Recommended

## 1<sup>st</sup> DAN RECOMMENDED THROUGH 2<sup>ND</sup> DAN BLACK BELTS

Rank	Minimum Time	Classes	Pattern	Board Break	Sparring	Next Rank
1st Dan Recommended	1 Test Cycle	14	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	1st Dan Decided
1st Dan Decided	1 Test Cycle	14	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	1st Dan Senior
1st Dan Senior	1 Test Cycle	14	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	1st Dan Senior MT
1st Dan Senior MT	1 Test Cycle	14	Instructor Choice	2 Kicks (R + L)- Jump or Spin Kick, Jump-Spin Kick; 2 Hand (R + L)	4 Two Minute Rounds, 1 One Minute 2 v 1	2nd Dan
2nd Dan	1 Test Cycle	16	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	2nd Dan MT1
2nd Dan MT1	1 Test Cycle	16	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	2nd Dan MT2
2nd Dan MT2	1 Test Cycle	16	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	2nd Dan Decided
2nd Dan Decided	1 Test Cycle	16	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	2nd Dan Decided MT1
2nd Dan Decided MT1	1 Test Cycle	16	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	2nd Dan Decided MT2
2nd Dan Decided MT2	1 Test Cycle	16	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	2nd Dan Senior
2nd Dan Senior	1 Test Cycle	16	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	2nd Dan Senior MT1
2nd Dan Senior MT1	1 Test Cycle	16	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	2nd Dan Senior MT2
2nd Dan Senior MT2	1 Test Cycle	16	Instructor Choice	Jump, Spin, or Jump-Spin Kick	3 Two Minute Rounds	3 <sup>rd</sup> Dan Black Belt

### Notes:

- Students must meet all requirements prior to the test. No exceptions will be made.
- Black belts must compete in 1 TU local or national tournament per Dan Rank. Ex. 1 tournament as 2<sup>nd</sup> Dan, 1 as 2<sup>nd</sup> Dan Decided, etc.
- Black belts must volunteer/assist with set up and operation in all local tournaments to remain in good standing be able to advance in rank. Any exceptions must be approved by Instructors in advance.
- Students aged 50 and up have the option of not breaking with a jump spin kick.

### **3rd DAN BLACK BELTS (3 YEARS)**

**All high rank tests, 3rd Dan and up (except for Midterm tests), will be held at a TU national testing before a board of senior instructors and masters, NOT at our studio. Locations vary and travel will be required.  
Midterms will be taken at Allstar.**

<b>Rank</b>	<b>Minimum Time</b>	<b>Minimum Classes</b>	<b>Pattern</b>	<b>Board Break</b>	<b>Sparring</b>	<b>Next Rank</b>
3rd Dan	6 months	40	Yon-Gae	Jump, Spin, or Jump-Spin Kick	4 Two Minute Rounds	3rd Dan MT
3rd Dan MT	6 months	40	Yon-Gae	3 Kicks (R + L)- Basic Kick, Jump Kick, & Spin/Jump-Spin Kick, 2 Hand (R + L)	4 Two Minute Rounds	3rd Dan Decided
3rd Dan Decided	6 months	40	Juche	Jump, Spin, or Jump-Spin Kick	4 Two Minute Rounds	3rd Dan Decided MT
3rd Dan Decided MT	6 months	40	Juche	3 Kicks (R + L)- Basic Kick, Jump Kick, & Spin/Jump-Spin Kick, 2 Hand (R + L)	4 Two Minute Rounds	3rd Dan Senior
3rd Dan Senior	6 months	40	Ko-Dang	Jump, Spin, or Jump-Spin Kick	4 Two Minute Rounds	3rd Dan Senior MT
3rd Dan Senior MT1	3 months	40	Ko-Dang	Jump, Spin, or Jump-Spin Kick	4 Two Minute Rounds	3rd Dan Senior MT2
3rd Dan Senior MT2	3 months	40	Ko-Dang	3 Kicks (R + L)- Basic Kick, Jump Kick, & Spin/Jump-Spin Kick, 2 Hand (R + L)	4 Two Minute Rounds	4th Dan Decided

#### **Notes:**

- Students must meet all requirements prior to the test. No exceptions will be made.
- Black belts must compete in minimum 1 TU local or national tournament per Dan Rank. Ex. 1 tournament as 3<sup>rd</sup> Dan, 1 as 3<sup>rd</sup> Dan Decided, etc.
- Black belts must volunteer/assist with set up and operation in all local tournaments to remain in good standing be able to advance in rank. Any exceptions must be approved by Instructors in advance.
- Students aged 50 and up have the option of not breaking with a jump spin kick.

## **4th DAN BLACK BELTS (4 YEARS)**

**All high rank tests, 3rd Dan and up (except for Midterm tests), will be held at a TU national testing before a board of senior instructors and masters, NOT at our studio. Locations vary and travel will be required. Midterms will be taken at Allstar.**

<b>Rank</b>	<b>Minimum Time</b>	<b>Minimum Classes</b>	<b>Pattern</b>	<b>Board Break</b>	<b>Sparring</b>	<b>Next Rank</b>
4th Dan Decided	6 months	40	Choi Yong	Jump, Spin, or Jump-Spin Kick	4 Two Minute Rounds	4th Dan Decided MT1
4th Dan Decided MT1	6 months	40	Choi Yong	Jump, Spin, or Jump-Spin Kick	4 Two Minute Rounds	4th Dan Decided MT2
4th Dan Decided MT2	6 months	40	Choi Yong	Jump, Spin, or Jump-Spin Kick	4 Two Minute Rounds	4th Dan Decided MT3
4th Dan Decided MT3	6 months	40	Choi Yong	3 Kicks (R + L)- Basic Kick, Jump Kick, & Spin/Jump-Spin Kick, 2 Hand (R + L)	4 Two Minute Rounds	4th Dan Senior
4th Dan Senior	6 months	40	Tong Il	Jump, Spin, or Jump-Spin Kick	4 Two Minute Rounds	4th Dan Senior MT1
4th Dan Senior MT1	6 months	40	Tong Il	Jump, Spin, or Jump-Spin Kick	4 Two Minute Rounds	4th Dan Senior MT2
4th Dan Senior MT2	6 months	40	Tong Il	Jump, Spin, or Jump-Spin Kick	4 Two Minute Rounds	4th Dan Senior MT3
4th Dan Senior MT3	6 months	40	Tong Il	3 Kicks (R + L)- Basic Kick, Jump Kick, & Spin/Jump-Spin Kick, 2 Hand (R + L)	4 Two Minute Rounds	5th Dan Black Belt

### Notes:

- Students must meet all requirements prior to the test. No exceptions will be made.
- Black belts must compete in minimum 1 TU local or national tournament per Dan Rank. Ex. 1 tournament as 4<sup>th</sup> Dan Decided, 1 as 4<sup>th</sup> Dan Senior.
- Black belts must volunteer/assist with set up and operation in all local tournaments to remain in good standing be able to advance in rank. Any exceptions must be approved by Instructors in advance.
- Students aged 50 and up have the option of not breaking with a jump spin kick.

# Board Breaking Procedure and Requirements

## At National Testing:

- All female students testing will break 1" at each station
- All male students testing will break 2" at each station
- Board break Techniques:
  - Right Hand
  - Left Hand
  - Basic / Standing Kick\*
  - Jump Kick\*
  - Spin Kick\* #

\*Kicks – at least 1 kick with each leg

# School Owner will have an option on the spin kick to have their student do a standing spin, a jump spin, or a 360-jump spin which ever one challenges their student best.

## Technique Descriptions

- Basic Kick (Standing Kick) – Any kick in which the base foot maintains contact with the floor. May be done with the lead leg #1, rear leg #2, a sliding #3 or step kick, but no spins.
- Jump Kick – Any kick in which the kicker jumps (with lead leg #1, rear leg #2, or a jump #3) and is off the floor at the time of contact with the boards
- Spin Kick – Any kick in which the kicker spins (180 degrees) using the back leg to perform the kick in one continuous motion, in which the base foot maintains contact with the floor.
- Jump Spin Kick – Any kick in which the kicker jumps and spins (180 degrees) in one continuous motion using the back leg and is off the floor at the time of contact with the board.
- 360 Jump Spin Kick – Any kick in which the kicker jumps and spins (360 degrees) in one continuous motion using the front leg and is off the floor at the time of contact with the board.

## At National Testing OR Testing in the Studio:

**Try or Attempt** – motion used to break boards

Notes:

- Students must meet all requirements prior to the test. No exceptions will be made.
- Participation in the board breaking seminar is required during the same cycle as your test for 3<sup>rd</sup> Dan, 3<sup>rd</sup> Dan Decided, and 3<sup>rd</sup> Dan Senior.
- Black belts are required to compete in 1 TU local or national tournament per year to be eligible to test for Dan Ranks.
- Black belts are required to volunteer/assist with set up and operation in all local tournaments to remain in good standing be able to advance in rank. Any exceptions must be approved by Mr. Lord in advance.
- Students aged 50 and up have the option of not breaking with a jump spin kick.



## **Uniform and Sparring Gear Requirements for Testing**

### **Uniforms for Colored Belts**

Students must wear the all white (no red or blue pants) traditional wrap around uniform with an Allstar logo printed on the back and must have an Allstar logo patch sewn onto the right front chest AND Taekwondo United patch sewn onto the left front chest (see the front desk for sewing instructions). Uniforms must fit appropriately (not too long or short) and appear clean and unstained.

### **Uniforms for Black Belts**

Students must wear black or white uniform pants and the personalized embroidered white heavyweight top with an Allstar logo or Taekwondo United logo on the back and have all required patches sewn on. Uniforms must fit appropriately (not too long or short) and appear clean and unstained.

### **Sparring Safety Gear**

Sparring safety gear must be purchased from Allstar Martial Arts Academy and is required for green belt students and higher in class, at competitions, and at testing.

All required gear must be foam-dipped red (colored belts) or black (black belts) and have the Allstar logo or the Taekwondo United logo. Gear colors may not be mixed and matched (only complete red or complete black sets are allowed). Gear may not be torn or tattered and must be in good condition in order to participate in sparring (repairs with tape will not be permitted).

Required safety gear for testing includes foam-dipped head gear, hand pads, foot pads, chest protector (for junior students), mouth guard, and cup/supporter (males only). Foam-dipped shin guards and cloth elbow pads are not required for testing at Allstar Martial Arts Academy, but are required for competitions and testing at Taekwondo United events.

**Any student not in accordance will not be permitted to test locally or nationally.**