



Tipping & Belt Promotion Testing

What is Testing?

The purpose of martial arts testing is to test yourself, measure your progress, improve your technique, and build self-confidence. Testing is scheduled every 10 weeks. Our goal is for each student to test each cycle. Testing is \$50. You may register online after you have earned 3 tips on your belt!

What is Required of a Student to be “Eligible”?

Eligibility consists of several things.

- First: Students must come and participate in class at least twice a week.
- Second: Students must learn the curriculum for their next color belt level.
- Last: Students must earn 3 tips to test for their next belt level.
- Please note that:
Your attendance is all tracked when you check in for class on the IPAD located on the wall as you enter the Dojang.

How do I earn a tip? When does it happen? What do I need to know?

WHITE BELTS:

WHITE TIP - Stepping side kick and 10 various punches per the curriculum.

YELLOW TIP - 18 various kicks per the curriculum.

GREEN TIP - 10 various blocks and 10 various elbow strikes per the curriculum.

COLOR BELTS:

WHITE TIP - Breaking technique plus overall effort in class

YELLOW TIP - Poomse per curriculum plus overall focus in class

GREEN TIP - Self Defense Techniques per curriculum plus leadership towards children and adults

We follow a 10 Week Cycle for our Curriculum:

We award WHITE tips after 11 class attendances and in Weeks 6, 9 and 10.

We award YELLOW tips after 13 class attendances and in Weeks 7, 9 and 10.

We award GREEN tips after 15 class attendances and in Weeks 8, 9 and 10.

How does it happen?

Earning a tip can happen at any time in class by being asked to show your proficiency on that material (your breaking technique, your poomse, your self defense). Instructors will award tip tape at the end of your belt to signify you have earned your tip. Self Defense Proficiency is based on your belt level. For example, a white belt will not be expected to know the self defense material at the same level as a Deputy Black Belt.

Weeks 9 and 10 are REVIEW WEEKS and are important to attend EVEN IF YOU ALREADY HAVE ALL YOUR TIPS because it will reinforce what you will be responsible for during testing. So plan to come to class and have fun.

What is expected on testing day?

1. On testing day, all students will perform basic kicks, punches and blocks per the curriculum, and follow the learned dojang etiquette.
2. You will also recite the School Oath. The rest is very much like a class.
3. The most important thing during a test is martial arts etiquette and a positive attitude. You may be nervous. Everybody is at one time or another even staff! Don't sweat it! You will demonstrate your techniques, your forms, your kicks, and punches during testing. Most importantly, it is a CELEBRATION and a Special Day to invite friends and family to witness all you have achieved!

What happens during future testing?

During future testing you will demonstrate not only the new material for the level in which you are testing, but also all the material you have learned before. As you move up through the belt levels, you acquire a large number of techniques, gradually becoming more proficient in the earlier ones as you review them each time.

What is the value of testing?

1. Testing is designed to take students out of their comfort zones and helps to build self esteem and self confidence.
2. Testing is a unique experience which will allow students to learn about themselves and grow as they achieve goals while setting new ones.
3. Each testing is a once in a lifetime experience whether you're a white belt just starting out or a black belt, etc. who is watching and helping other students at various levels achieve their goals. No testing is the same.