

## Black Belt Testing May 2019 Outline

### Lines

4)	John	Alex Y.	Aadya	Mac	Lana	Alex G.	Jack W.
3)	Carter	Kelan	Brielle	Max	Arianna	Niko P.	Gabby
2)	Neil	Sarah	Natalie	Ethan	Rome	Joaquin	Ari
1)	Nico K.	Austin	Megan	Hallie	Ryan	Evan	Clarissa

TABLE
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### Group 1 Partners (1<sup>st</sup> Degree Candidates)

Brielle	→	Kelan
Max	→	Joaquin
Gabby	→	Arianna
Jack	→	Carter
Niko	→	<i>Josh</i>
Alex G.	→	Lana
Aadya	→	Ari
Mac	→	Alex Y.
John	→	<i>Sean</i>

### Group 2 Partners (2<sup>nd</sup> & 3<sup>rd</sup> Degree Candidates)

Natalie	→	<i>Lex</i>
Clarissa	→	<i>Pat</i>
Neil	→	Evan
Austin	→	Nico K.
Hallie	→	Megan
Sarah	→	<i>Kenzie</i>
Ethan	→	Rome
Ryan	→	<i>Will</i>

*\*Names in italics are partners who are not testing. These partners should be on the right side when you line up.*

## **Pre Test Itinerary**

By 1:30: Candidates should arrive for testing and families claim their seats. There will be chairs for grandparents. Candidates should use this time to warm up, stretch, and practice with their partners.

1:45: Candidates will line up and go over a couple of forms and last minute logistics.

1:55: Candidates will be given a break.

## **Belt Test Itinerary & Order**

2:00: Testing will begin:

1. Line up, bow in, introductions
2. Kicking
3. Forms
  - a. TG 1-8, ITF 1&2. 1<sup>st</sup> degree candidates dismissed
  - b. ITF 3 – 6, Koryo. 2<sup>nd</sup> & 3<sup>rd</sup> degree candidates dismissed
4. Partner techniques:
  - a. 1-step sparring (*Attacker 1 attacks 12 times, when everyone's done we'll switch. 1<sup>st</sup> degree candidates will do 1-12; 2<sup>nd</sup> & 3<sup>rd</sup> degree candidates need 3 hand techniques, 3 kicking techniques, 3 take downs, at least 1 choke, at least 1 joint lock. The 12<sup>th</sup> technique will be either an additional choke or additional joint lock.*)
  - b. Self Defense (*Attacker 1 will attack for 1:00 then it will be commanded to switch*)
  - c. Knife defense (*Attacker 1 attacks 6 times, when everyone's done we'll switch*)
5. Endurance
  - a. Group 1 kick, then put on sparring gear
  - b. Group 2 kick, then put on sparring gear
6. Sparring
  - a. Start with students in group 1 while group 2 gets their pads on. Candidates should be ready to spar with either group.

7. Breaking

a. 1<sup>st</sup> Degree:

- i. Hammer fist
- ii. Axe kick
- iii. Push kick
- iv. Back kick
- v. Jumping Side kick

b. 2<sup>nd</sup> Degree

- i. Elbow strike
- ii. Axe kick
- iii. Back kick
- iv. Hammer fist
- v. Spinning hook kick
- vi. Jumping Side kick

c. 3<sup>rd</sup> Degree

- i. Nine board creative routine

8. Push Ups/Sit Ups

9. Wrap Up

- a. Speeches
- b. Kukkiwon Certificates
- c. BBF Awards
- d. Belt Ceremony

10. Bow Out

11. Group Picture

**Post Test Itinerary & Order**

1. Total testing time is expected to be between 2.5-3 hours but cannot be guaranteed.
2. Immediately following testing we will do a group picture with all new black belts, black belts who attended the test, masters, and instructors
3. T-shirts will be available for pick up following the group picture