

Black Belt Testing September 2018 Outline

Lines

8)	Lydia	Camryn	Kaitlyn	Eshan	Eden	Karen	Shaun	
7)	Abhi	Zev	Keegan	Kai	Anushri	Carly	Alan	
6)	Kona	Gracen	Blake	Tori	Matthew W.	Eric H	Vivan	
5)	Corey	London	Josh F.	Nathan	Pranati	Hailey S.	Jatin	
4)	Andrew R.	Matthew R.	Daniel R.	Elijah	Gabriel	Nate	Kevin C.	
3)	Lizzie	Andrew	Ash	Tiffany	Hailey P.	Cameron	Lex	
2)	Patrick	Avi	Aaron	Josh W.	Theo	Aryan	Joseph	Jacob
1)	Maya	Katie	Priyanka	Cathie	Kevin K.	Dan	Sean	Glen

TABLE

Groups

Group 1 Partners (15)

Blake	→	Gracen
Kona	→	Matthew W.
Tori	→	<i>Natalie</i>
Zev	→	Eric
Anushri	→	Carly
Kai	→	Keegan
Abhi	→	Eshan
Alan	→	Vivan

Group 2 Partners (15)

Corey	→	Gabe
Hailey S.	→	Hailey P.
Nathan	→	Cameron P.
Pranati	→	Tiffany
Elijah	→	Kevin C.
Andy	→	<i>Pratham?</i>
Aaron	→	Josh F.
Lex	→	Nate

Group 3 Partners (14)

Daniel R	→	Matthew R.
Lizzie	→	London
Theo	→	Avi
Joseph	→	Aryan
Eden	→	Camryn
Ash	→	Josh W
Andrew R.	→	Jatin

Group 4 Partners (14)

Glen	→	Sean O.
Kevin	→	Dan
Maya	→	Katie
Jacob	→	Patrick
Cathie	→	<i>Pat</i>
Priyanka	→	<i>Emily</i>
Shaun	→	Karen
Lydia	→	Kaitlyn

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

For partner components of the test groups one and two will go first and then groups three and four. Sparring will also be by these groups. Endurance will be done one group at a time.

Pre Test Itinerary

By 8:30: 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.

8:45: Candidates will line up and go over a couple of forms and last minute logistics.

8:55: Candidates will be given a break.

Belt Test Itinerary & Order

9:00: Testing will begin:

1. Line up, bow in, introductions
2. Kicking
3. Forms
 - a. TG 1-8, ITF 1&2. 1st degree candidates dismissed
 - b. ITF 3 – 6, Koryo. 2nd degree candidates dismissed
 - c. WTF 10-11, ITF 7-10. 3rd degree candidates dismissed
4. Partner techniques:
 - a. 1-step sparring (*Attacker 1 attacks continuously until it is commanded to switch*)
 - b. Self Defense (*Attacker 1 will attack for 1:00 then it will be commanded to switch*)
 - c. Knife defense (*One side attack and then switch on your own*)
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
7. Breaking
 - a. 1st Degree:
 - i. Hammer fist
 - ii. Axe kick
 - iii. Push kick
 - iv. Back kick

- v. Jumping Side kick
- b. 2nd Degree
 - i. Elbow strike
 - ii. Axe kick
 - iii. Back kick
 - iv. Hammer fist
 - v. Spinning hook kick
 - vi. Jumping Side kick
- c. 3rd 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 3-3.5 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