

Chapter 4: Testing Policy and Procedure

The school expects every student to train in order that they will promote regularly according to their God given abilities. Testing is a way for a student to assess their own progress and to allow them to learn more complex techniques.

It is said, and it is true in the Martial Arts community, that **not** promoting students is "*BAD BUSINESS*"! We do not look at our school as a Business but a Ministry and we trust that each every parent and student will understand that when we recommend a student for promotion it is because we feel they have learned their requirements and are ready to take on more leadership responsibility at the School.

It is highly recommended that every student in the school attend all tests to support their fellow students whether they are testing or not. Requirements for testing are regular class attendance and clear demonstration of requirements. Typically the school will not allow a student to test unless they have already demonstrated their competency in the requirements. If a student consistently trains twice a week it normally takes 38-46 months to progress from white to black (midnight blue) belt. At our school we conduct Requirement Qualifications each Saturday.

Historically, the Black Belt color was achieved because the students were required to wash their training uniforms daily but they were not permitted to wash their belts. Over the years of training, the original white belt became black. In military tradition of displaying rank, the martial arts have added colored belts and stripes to represent progress of the student. At our school, we have twelve ranks (undergraduate work) up to Black Belt and then and another 10 ranks of Black Belt (post graduate study).

The White Belt is traditionally represented by winter and is symbolic of purity and innocence of the new student. White belt represents a seed that is freshly planted in the earth and also represents winter and means emptiness, hidden potential and purity. The Orange Belt represents initial growth of the seed and through the final preparation as it is about to sprout.

The Green Belt is represented by Spring and means growth, spreading, and advancement. Green is the color of life and vigor and is symbolic of the flourishing of the plant. It is during the green belt level that the most rapid development occurs.

The Red Belt is represented by summer meaning the flowering of a strong plant. Red is the color of energy and the beauty of the plant at this stage is evident for all to see.

The Black (Midnight Blue) Belt is represented by autumn meaning the maturity, calm, passive, and harvest. Tang Soo Do uses the color of Midnight Blue, not black, because it represents color of the evening sky meaning infinity and perfection and it is this quest for perfection that epitomizes the Tang Soo Do practitioner.

A true Martial Artist is never satisfied or complacent, but rather continually strives to be a better human being.

On test day, the student should arrive earlier enough to address any financial requirements and then stretch and practice their techniques until the test begins. Black Belts will be available a half-hour before testing to review any test requirements. Time permitting a clinic maybe given to all those attending the test on their new requirements.

Each of the following 6 sections of the test will be graded on a pass or fail basis and the student must pass all modules to promote to the next rank.

1. **Forms:** Forms are the “art” of Martial Arts. The Forms are telling the story of a fight against several opponents. Judging is on a pass or fail basis understanding that the judge is looking for the following:

- ✓ **Power**
- ✓ **Precise elements**
- ✓ **Presence**
- ✓ **Preservation of historic elements**
- ✓ **Personal interpretation**

2. **One Step Sparring:** This is also known as “dead-man” sparring because they do not necessarily reflect interaction of a real life confrontation. The one step techniques are practiced to teach the execution of a combination of techniques and timing. Student should line-up with someone as close to his or her size and rank as possible. The highest-ranking person of the team should be on the senior side of the training area, then the class will readjust the senior line according to rank. The student will execute their highest 4 techniques of:

- ✓ Hand Defense
- ✓ Foot Defense
- ✓ Grab Defense
- ✓ Knife Defense

The judge is looking for knowledge of the elements, timely execution, proper stances, strong blocks, crisp punches and kicks.

3. **Basics Sparring Combinations:** These techniques demonstrate the basic elements of Tang Soo Do and the examination board is looking for the student to clearly demonstrate the proper loading, stance and execution of each basic with intensity, speed and strength.

4. **Free Sparring:** This is the practical application of the Martial Arts. At the test we will be “Point Fighting” with light contact permitted to specific zones for Red belts and up.

Some think of Tournament Point Sparring as a game of tag where the object is to out score your opponent. A point is scored when an unblocked technique is delivered with power and control to the Legal Target Area.

The goal in testing Point Sparring is for the student it to focus on demonstrating to the examiners the workable sparring strategy, proper distancing and purposeful execution of techniques - not to beat the opponent.

5. **Breaking:** Board breaking is a focused discipline. Technique in breaking is as important as speed and strength. Board breaking is a way for a student to objectively track the strength and accuracy of their techniques.

As rank increase, the level of difficulty of the break also rises. Generally the power needed to break one board is equivalent to breaking a rib or the bridge of the nose. We encourage the use of a re-breakable board because they provide a consistent break for testing purposes, however a student may request a real board at the test.

6. **Knowledge:** Learning about Tang Soo Do is vital to growth of the student at our school. Understanding the history and symbols are vital to clear understanding of the martial arts and to protect the students from false teaching and misapplication.

It is our responsibility as a school, to ensure that the techniques we teach at the school will only be used when necessary to protect the student, their family, friends and country - when no other alternative is available.

- 12a Who is credited with developing modern Tang Soo Do? _____
- 12b What is the name of Style and Art you are studying? _____
- 11a What does Moo Duk Kwan mean? _____
- 11b What does Tang Soo Doo mean? _____
- 10a Explain the elements of the Tang Soo Do emblem _____
- 10b What country does our art and style come from? _____
- 9a USA Flag Knowledge (stars, stripes, colors)? _____
- 9b Name the animal, element and season of white belt? _____
- 8a Name the animal, element and season of green belt? _____
- 8b Name the animal, element and season of red belt? _____
- 7a Name the animal, element and season of black belt? _____
- 7b State how a class starts? _____
- 6a State how a class ends? _____
- 6b. State Ranks, Belts and Stripes? _____
- 5a Ten Virtues of the Christian Soldier? _____
- 5b Name and meaning of the Basic Gup Forms? _____
- 4a Name and meaning of Intermediate Gup Forms? _____
- 4b Name and meaning of Advanced Gup Forms? _____
- 3a History of Tang Soo Do? _____
- 3b Protocol for entering & leaving class? _____
- 2a Explain Distancing Strategies? _____
- 2b State the purpose and goals of Forms? _____
- 1a State the purpose and goals of One-Step Sparring _____
- 1b State the purpose and goals of Basic Combinations? _____