

TESTING CHECKLIST

Name _____

I am testing on: _____

Current Rank _____

- I have trained and practiced solidly for at least
 - Blue and Brown Belts: 4 months OR 6 months (80% workouts with my Master Instructor and additional workouts on my own (sparring, forms, techniques, etc.).
 - Red and 1st Recommend Black Belts: 6 months OR 9 months (80% workouts with my Master Instructor and additional workouts on my own (sparring, forms, techniques, etc.).
 - 1st Decide Black Belts: 24 months OR I have trained for 30 months (80% workouts with my Master Instructor and additional workouts on my own (sparring, forms, techniques, weekend workout, another Pak family club, etc.).
- I have practiced board breaking and board holding.
- I know my terminology.
- I **know** my forms (knowing is different from learning them just for testing).
- I know a variety of original one-steps.
 - Red Belts and above: I know a variety of original one-steps with either hand.
- I have shown improvement since my last testing.
- I have been a TA and/or a Conductor.
- I have participated in tournaments/demonstrations/seminars, etc.
- For black recommend and above: I am a current SIBBA member.
- For black recommend and above: I have referee experience (TaeKwonDo only).
- For red and Black Belt Recommend: I will give my Statement of Philosophy and Martial Arts Resume (black belts only) to my sponsor *at least* one week prior to testing.
- I will turn in my promotion application SIX WEEKS before testing
- My sponsor is: _____
(please print—if you are Black Decide and above, you do not have a sponsor; please sign your own name)

Comments:

Signature of Applicant

Date

Signature of Sponsor

Date

If you did not already do so on your application, please answer the following questions:

1. Why to you think that you should test?
2. What have you been doing since your last testing?
3. What will you do if you pass?
4. What are the responsibilities of the rank that you are testing for?