Testing Information

TRANSFORM MARTIAL ARTS

GENERAL OVERVIEW

- Our testing cycles are approximately **7–9 weeks long**. Regular belt testing is held on **Wednesday and Thursday during each student's normal class time**.
- Stripes show a student's progress toward learning the curriculum required for testing. Students who have earned all **THREE STRIPES** are ready to test.
- **If a student has not earned three stripes**, PLEASE continue bringing them to class during testing week so they can work with the instructors. Students are also encouraged to schedule a private lesson for additional help and an opportunity to earn their remaining stripes.
- A belt promotion celebration will be held the **Saturday following testing**. A specific celebration time will be announced for each rank group.
- **Testing Material Requirements by rank**
    - **White/Orange/Yellow Belts:** Form, weapon, sparring combination, self-defense, and board breaking.
    - **Camo/Green/Purple Belts:** Form, weapon, sparring, combat, and board breaking.
    - **Blue/Brown/Red Belts:** Form, weapon, sparring, combat sparring, and board breaking.
    - **Black Belt Recommended and Black Belt MIDTERMS:** Students must perform the curriculum associated with their current midterm. Black belts may complete midterms during regular testing.
    - **Black Belt TESTING FOR RANK:** Form, weapon, sparring, combat sparring, board breaking, and passing the Fit Test.
- **Black Belt Testing Requirements**
    - Official Black Belt Testing is held twice each year, in **May and November**.
    - Black belt students may complete midterms during regular testing. However, students testing for any new black belt rank must attend the official Black Belt Testing.
    - Please refer to the **Black Belt Curriculum Testing Requirements** for the curriculum required for each black belt rank.
- **What instructors are looking for in forms and sparring!**
    - **Forms** - bent knees in stances, proper timing (don't rush!), power in your moves, hands on the ribs during strikes and blocks, hands up by your face during kicks, loud yells, eyes focused on the targets, proper trajectory of techniques, balance, etc.
    - **Weapons:** A safe and controlled grip, correct hand placement, accurate strikes and blocks, proper weapon trajectory, smooth transitions, speed with control, strong stances, balance, power, focus, and confidence. Students must remain aware of their weapon at all times.
    - **Combat Sparring:** Safe and controlled use of the weapon, proper distance, footwork, defensive movement, accurate strikes, combinations, awareness, continuous participation, and respect for the partner.
    - **Sparring** - students are staying light on their feet (bouncing and having rhythm), stay sideways (don't have chest protector facing opponent), hands up or in a proper sparring position, combinations with variations, following up moves (don't just do a single move then run! Always follow up!), no "downtime" (don't just stop after doing a few moves; wait until your opponent moves in to switch to defense), blocking & evading, make sure to use control but also make light contact (we don't want you just kicking and punching the air!)
    - **Board Breaking:** Correct setup, proper technique, accuracy, focus, power, commitment, safety, control, and the ability to follow directions. Students should strike through the target rather than stopping at the board. Students will have 3 attempts to break their board.

BOARD BREAKING

- All ranks must complete the required board break to qualify for testing and must perform a board break again at testing.
- The required board break for each belt level will be announced and practiced throughout the testing cycle so students have time to prepare.
- Students have 3 attempts to successfully break their board.

FIT TEST

- Students testing for **any black belt rank**, including 1st Degree, 2nd Degree, 3rd Degree, 4th Degree, and above, must pass a Fit Test.
- Fit Test requirements can be found on the **Phoenix Portal**. Students may also ask their instructor for a copy.

TESTING FEES

- Testing fees will be billed by the **FRIDAY before testing week**. Testing costs vary by age group and belt level. Color belt testing fees generally range from **$50–$65**.
- Testing fees will be billed automatically for every student who has earned three stripes unless a parent or guardian notifies us that the student will not be testing.

BELT TESTING!

This is it—the moment our students have worked so hard for! Testing is held at our North Port academy on Wednesday and Thursday during each student's regular class time. Students will perform their required testing material for our panel of instructors. New belts will not be awarded immediately following the student's test. Belt promotions will take place at a celebration on the following Saturday. A specific celebration time will be announced for each rank group. Family and friends are encouraged to attend. After students receive their new belts, everyone is invited to bring food for a potluck so we can celebrate together!

WHAT TO WEAR AND BRING TO TESTING

- CLEAN uniform with PATCHES sewn on! Please make sure the uniform is wrinkle free, and if you want to wear a t-shirt under your uniform top, please make sure it's SOLID white!
- HAIR should be out of the student's face! If a student has long hair, please make sure it's pulled up and secured
- NO JEWELRY can be worn during testing. This is for the safety of the student as well as their peers. Thanks!
- All students must bring their **full gear and any weapons required for testing**.
- Gentlemen must wear their protective cups.

CAN'T MAKE IT TO TESTING?

- We put out testing dates at the beginning of school for the following calendar year. Please review those dates & store them in your calendar! Students enjoy testing WITH their peers and not feeling like they're behind. We know things come up that are out of our control, which is why we offer…
- We do not offer group makeup testing. Students from **White Belt through Red Belt Recommended** may schedule a **private test** for an additional fee. A private test is a one-on-one testing session between the student and an instructor.

WHAT TO EXPECT

- ARRIVE 10-15 minutes prior to testing starting. This will allow you to get a good seat and for students to practice their material before testing begins.
- When testing begins, all students will be called onto the mat. Students will perform their required testing material in groups.
- PLEASE REMAIN SEATED We will have chairs setup around the perimeter of the testing area. Everyone must remain in a seat (small children are fine in laps), and we cannot have anyone in the audience sitting on the floor due to safety reasons as well as to reduce distractions for testers. We do not know where students will be performing ahead of time, so please keep that in mind as they're called up; you might not have the best view from your seat. If you're able to quickly move to another seat for a better view before they begin, you are welcome to do so!
- Please no food or drinks on the workout floor during testing!
- NO FLASH PHOTOGRAPHY & VIDEOGRAPHY! This is a big one! Students are typically very nervous as they're testing. A bright flash, or constant light shining in their eyes can be very distracting as they're trying to concentrate on their testing material. Please check and double check that your flash is off during this time.

WHAT IF MY CHILD DOESN'T PASS TESTING

"Success is not final, failure is not fatal: it is the courage to continue that counts."
-Winston Churchill

- Let's start by saying it is NEVER easy for the student, their family, or our instructors when a student doesn't pass testing. Please keep in mind that when children are going through this experience, they're looking to their parents for reactions and guidance. They're often scared that they've disappointed their parents & their instructors, and this is never the case for us! Students earn the opportunity to test by receiving all three stripes and demonstrating their readiness throughout the testing cycle. Sometimes things just don't go our way, and we encourage parents to have conversations with their kids… allow them to let them feel their emotions regarding the situation, explain that no one is disappointed in them, and encourage them to get back up and try again!

- Color belt students have **two opportunities** to perform their form or form segments during testing. Students from **White Belt through Brown Belt Decided** who do not pass may schedule a private test during the first week of the new testing cycle.