

# Testing

Congratulations! You have worked hard and are now ready to test.

Testing is an important part of our teaching program here at CTF. You must be sure that you are prepared and know all your patterns, definitions and other material that you have covered since you began training as a white belt. This manual is designed to help prepare you for testing as well. In addition, you will be expected to demonstrate what you have learned regarding free sparring and demonstrate power by breaking wood. Be sure you have discussed your breaking techniques with your instructor and received approval of your selection prior to the testing. Wood will be provided at the testing.

Many black belts will be asked to test at special Black Belt Testings instead of in the school. These testings are similar to testing in the school except only students testing for black belt rank will participate. The format of the testing will be the same as a high rank colored belt testing.

Come a little early to allow time to warm up prior to the testing and ask any last minute questions you may have. **Remember, this is a formal occasion and requires that you wear your traditional white uniform!**

You will need to register in advance of the testing date. Black belts must complete an Application to Test and have their instructor sign in the proper place. See an instructor to register and pay your testing fee.

Any student whose membership has expired in the Choong Sil Taekwondo Federation will need to complete a CTF membership application and pay the annual membership fee of \$25.00 before testing.

Testing is a very special occasion and a great time to demonstrate to your family and friends how much you have achieved! Be sure to bring them with you to the testing.

***Good Luck!***

# Black Belt Testing Goals

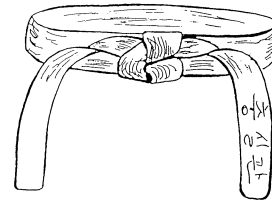
## 1<sup>st</sup> Recommended Black Belt

Completed

- I. Attend class \_\_\_\_\_ times a week \_\_\_\_\_  
 Minimum time between testings -  
 From 1st recommended to 1st decided - 6 months minimum with a 12 month maximum time before testing for decided rank.
  
- II. Learn new patterns
  - A) Kwang Gae \_\_\_\_\_
  - B) All previous patterns learned \_\_\_\_\_
  
- III. Board Breaks – Number & Size of Boards required \_\_\_\_\_  
 Right Hand Technique Selected \_\_\_\_\_  
 Left Hand Technique Selected \_\_\_\_\_  
 Right Foot Technique Selected \_\_\_\_\_  
 Left Foot Technique Selected \_\_\_\_\_
  
- IV. Free Sparring \_\_\_\_\_
  
- V. Definitions
  - A) Kwang Gae \_\_\_\_\_
  - B) All previous definitions learned \_\_\_\_\_
  
- VI. Special Goals:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  
- VIII. Black Belt Testing Application Completed \_\_\_\_\_

# Choong Sil Taekwondo Federation

## Application for Rank Testing



Date \_\_\_\_\_ Student # \_\_\_\_\_ Expiration Date (Must be current to test, \_\_\_\_\_)

Name \_\_\_\_\_ Weight \_\_\_\_\_ Age (Yr./Mos.) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address: Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

( ) \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Current Taekwondo School \_\_\_\_\_ Instructor Name \_\_\_\_\_

Date Training Began (Detail any other martial Arts experience you may have) \_\_\_\_\_ Current Rank \_\_\_\_\_

Last Testing Date \_\_\_\_\_ Current Planned Test Date \_\_\_\_\_

Applicant Signature \_\_\_\_\_ Instructor's Signature \_\_\_\_\_

*This form must be returned to CTF Headquarters no later than ten days (10) prior to intended testing at a Black Belt Testing and three (3) days prior to a school testing. If you are testing at your regular school testing, this sheet must be submitted to your instructor prior to testing. The testing fee should be included with this form.*

Rank	Promotion date	Time at rank (months)
1 <sup>st</sup> Black Recommended		
1 <sup>st</sup> Degree Black		
2 <sup>nd</sup> Black Recommended		
2 <sup>nd</sup> Black Decided		

### Board Breaking Testing Information (Must be completed in full)

Type of Board Break	Difficulty Level	Left\Right	# of Boards	Board Size
_____	_____	R Hand	_____	_____
_____	_____	L Hand	_____	_____
_____	_____	R Leg	_____	_____
_____	_____	L Leg	_____	_____
_____	_____	L R	_____	_____

# Black Belt Testing Goals

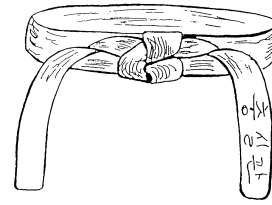
## 1<sup>st</sup> Decided Black Belt

Completed

- |   |                                     |
|---|-------------------------------------|
| <p>I. Attend class _____ times a week.</p> <p>Minimum time between testings -<br/>         From 1st decided to 2nd recommended - 12 months minimum –Age 13 years<br/> <i>If you are less than 13 years, then consult with your instructor regarding when you may be able to test. Additional training is required for students younger than 13.</i></p> | <p>—</p>                            |
| <p>II. Learn new patterns</p> <p style="margin-left: 20px;">A) Po-Eun</p> <p style="margin-left: 20px;">B) Ge-Baek</p> <p style="margin-left: 20px;">C) Sil Hyun</p> <p style="margin-left: 20px;">D) All previous patterns learned</p>   | <p>—</p> <p>—</p> <p>—</p> <p>—</p> |
| <p>III. Board Break</p> <p style="margin-left: 20px;">Hand Techniques Selected (R) _____</p> <p style="margin-left: 40px;">(L) _____</p> <p style="margin-left: 20px;">Foot Techniques Selected (R) _____</p> <p style="margin-left: 40px;">(L) _____</p>   | <p>—</p> <p>—</p> <p>—</p> <p>—</p> |
| <p>IV. Free Sparring</p>  | <p>—</p>                            |
| <p>V. Definitions</p> <p style="margin-left: 20px;">A) Po-Eun</p> <p style="margin-left: 20px;">B) Ge-Baek</p> <p style="margin-left: 20px;">C) Sil Hyun</p> <p style="margin-left: 20px;">D) All previous definitions learned</p>  | <p>—</p> <p>—</p> <p>—</p> <p>—</p> |
| <p>VI. Special Goals:</p> <p>_____</p> <p>_____</p> <p>_____</p>  | <p>—</p> <p>—</p> <p>—</p>          |
| <p>VIII. Black Belt Testing Application Completed</p>   | <p>—</p>                            |

# Choong Sil Taekwondo Federation

## Application for Rank Testing



\_\_\_\_\_  
Date                      Student #                      Expiration Date (Must be current to test,

\_\_\_\_\_  
Name    Weight                      Age (Yr./Mos.)                      Date of Birth

\_\_\_\_\_  
Address: Street    City    State    Zip

(       )

\_\_\_\_\_  
Home Phone    E-mail Address

\_\_\_\_\_  
Current Taekwondo School    Instructor Name

\_\_\_\_\_  
Date Training Began (Detail any other martial Arts experience you may have)    Current Rank

\_\_\_\_\_  
Last Testing Date    Current Planned Test Date

\_\_\_\_\_  
Applicant Signature    Instructor's Signature

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**Board Breaking Testing Information**  
(Must be completed in full)

Type of Board Break	Difficulty Level	Left\Right	# of Boards	Board Size
_____	_____	R Hand	_____	_____
_____	_____	L Hand	_____	_____
_____	_____	R Leg	_____	_____
_____	_____	L Leg	_____	_____
_____	_____	L R	_____	_____