

Testing

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

Testing is an important part of the CTF teaching program. You must prepare by learning **all your patterns, definitions, and one-steps**. In addition, at Green Belt and above, you will be expected to **demonstrate what you have learned regarding free-sparring**. At Blue Belt and above, you will be expected to **participate in a power demonstration by breaking wood** at each testing. Be sure you have discussed your breaking techniques with your instructor and received approval of your selection prior to the testing. Wood is provided at the testing.

Come to the testing a little early to allow time to warm up 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. See your instructor to register and pay your testing fee.

Additionally, all white belts and any students whose membership has expired in the Choong Sil Taekwondo Federation will need to complete a CTF membership card and pay the annual membership fee of \$25.00 before they test.

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!

Red Belt Testing Goals

Grades 1 & 2

	<u>Completed</u>
I. Attend class _____ times a week (Minimum classes between testings - 20)	___
II. Learn new patterns	
A) Hwa Rang	___
B) Hyun Sil	___
III. Board Break	
Hand Technique Selected _____ and	
Foot Technique Selected _____	___
IV. Free Sparring	___
V. Definitions	
A) Hwa Rang	___
B) Hyun Sil	___
VI. Review all previous material learned	___
VII. Special Goals:	
_____	___
_____	___
_____	___

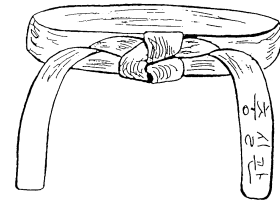
Red Belt Testing Goals

Grades 3 & 4

	<u>Completed</u>
I. Attend class _____ times a week (Minimum classes between testings - 20)	___
II. Learn new patterns	
A) Choong Moo	___
B) Hyun Sil	___
III. Board Break	
Hand Technique Selected _____ and	
Foot Technique Selected _____	___
IV. Free Sparring	___
V. Definitions	
A) Choong Moo	___
B) Hyun Sil	___
VI. Review all previous material learned	___
VII. 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 st Black Recommended		
1 st Degree Black		
2 nd Black Recommended		
2 nd 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	_____	_____