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# TESTING

# TESTING FOR RANK



The belt or *dee*, worn by the student of Martial Arts not only holds the *doe-boke* (uniform) tightly about the waist for greater freedom of movement, but it is the badge of honor in Martial Arts Associations. It is indeed an honor to be qualified to wear any color of belt: white, yellow, green, blue, red, *bo-don* or the coveted Black Belt.

Although the Western culture has been accused of making the Martial Art's belt an "egotistic emblem", (to the extent that this stimulates pride and enthusiasm, this is fine) the original objective of the colored belt system was to identify each student's skill level which is a "training aide" for the instructor. The different colors and stripes also provide

motivation to the student.

The Martial Art rank is signified by the color and/or colored stripe on a student's belt. The lower the gup number, the higher the student's level of skill. The various ranks in Taekwondo can be compared to grades in our educational school system. Tenth through eighth gup are pre-school stages, seventh through fifth gup are elementary students, fourth through third gup are high school students, second and first gup are college students, and first degree Black Belt through third degree Black Belt represent a college graduate.

Fourth degree would be a Master's Degree, and fifth degree and above are

various categories of advanced College Instructors or Professors. Promotional testing is not only necessary to obtain new rank and belt color; but also enables your rank to be recognized by all those in the Martial Arts field.

White Tiger rank tests are offered every two months (odd months) to all students who have fulfilled the Testing Requirements and earned a white stripe on their belt.

Make-up tests are offered in the months between regular tests (even months).

Private tests are available, see the office to schedule. There is an extra fee to test at a make up or private test.



# TEST ELIGIBILITY SUPPORT TRIANGLE

For children, it takes a triangle of support to prepare and ensure a student is ready to test to the next belt or rank level.

Testing for higher rank requires far more than just physical ability.

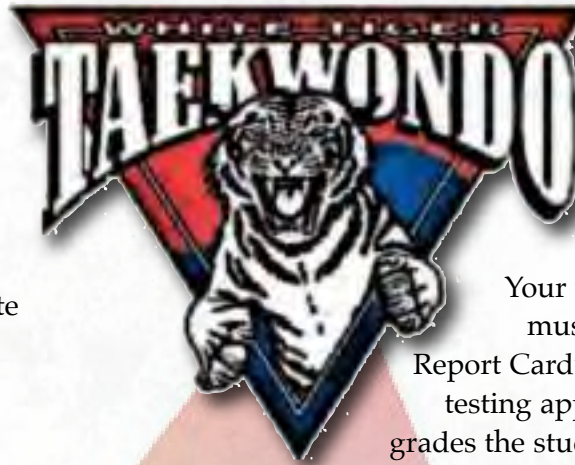
The Triangle consists of support from your martial arts school, support from your educational school and support from your parents or guardians.

The student must use his Black Belt Life Skills to

show respect in the home. Students must also use their focus skills in school, this will be reflected in their report cards and home report cards.

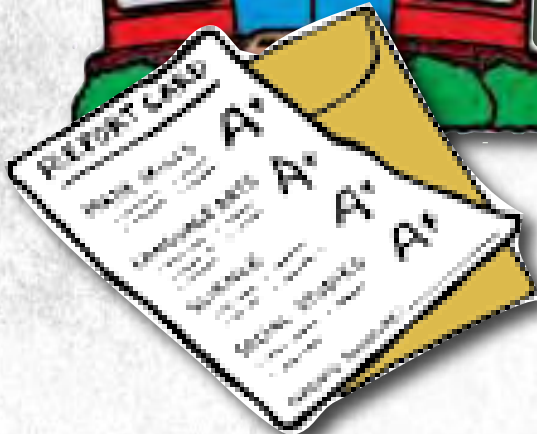
## WHITE TIGER

White Tiger instructors will check learned skills and issue pre-qualifying stripes to indicate that the student is eligible to apply to promote to the next rank level.



## PARENTS

Your parents or guardians must complete a "Home Report Card" to submit with the testing application. This report grades the student's respect, honor and attitude in the home and with family members.



## PUBLIC SCHOOL

Your school teachers issue a report card to reflect your efforts at school. A copy of this report must be submitted with the testing application.

**BLACK BELT**  
**1<sup>ST</sup> DEGREE**

**RED & BLACK**  
**BO-DON BELT**

**BLACK STRIPE**  
**1<sup>ST</sup> GUP**

**RED BELT**  
**2<sup>ND</sup> GUP**

**RED STRIPE**  
**3<sup>RD</sup> GUP**

**BLUE BELT**  
**4<sup>TH</sup> GUP**

**BLUE STRIPE**  
**5<sup>TH</sup> GUP**

**GREEN BELT**  
**6<sup>TH</sup> GUP**

**GREEN STRIPE**  
**7<sup>TH</sup> GUP**

**YELLOW BELT**  
**8<sup>TH</sup> GUP**

**YELLOW STRIPE**  
**9<sup>TH</sup> GUP**

**WHITE BELT**  
**10<sup>TH</sup> GUP**

# MARTIAL ARTS RANK

The color of the belt around your waist is a symbol of growth that is physical, mental and spiritual. As our bodies are forced time and again through the drills and techniques, we change physically, our skills grow, and we assume new responsibilities — in effect, we become living symbols.

The Martial Artist is the belt that he or she wears. The Black Belt carries an image of strength, control,

integrity, honesty, dependability, and more; while the Master is looked up to as the embodiment of mankind at his greatest potential.

The listed colors have not been chosen arbitrarily; they are in fact steeped in tradition. The colors of black, red and blue denoted the various levels of hierarchy during the *Sil-la* Dynasty. The belt colors are also the colors of the Olympic Rings.

## MEANING OF BELT COLORS

**BLACK** *Opposite of white, signifying maturity and proficiency in Martial Arts. Black is the color of mastery and mystery. It also indicates the wearer's imperviousness to darkness and fear. No color added to black can change or improve it. Independence.*

**RED** *Signifies danger, cautioning the student to exercise control and warning the opponent to stay away. Intensity.*

**BLUE** *Signifies the Heavens toward which the plant matures into a towering tree as training in Martial Arts progresses. Ambition.*

**GREEN** *Signifies the Spring when the new plant and the Martial Arts skill begins to develop, when growth and activity abound. Maturity.*

**YELLOW** *Signifies Earth and the warmth of the Sun that melts the snow and allows the seed to germinate and sprout. This is the birth of conscious and purposeful action. Enthusiasm.*

**WHITE** *Signifies innocence, purity and brilliance, but when directed through a prism, we can see that it is composed of all the colors of the spectrum. So is that of the beginner, whose vision is pure and pristine; when it is directed through the prism of training, sincerity and effort, we can see that his essence is potential. It is the seed hidden beneath the winter's snow.*



# WHAT DOES BLACK BELT RANK MEAN?

It takes on average 3 to 4 years to reach 1st Degree Black Belt. The length of time it takes an individual depends on the effort they put forth. Everyone has the potential.

*Don* means Degree of Black Belt. It is sometimes spelled *Dan*. Black Belts under 16 years of age are called *Poom* instead of *Don*.

It generally takes an additional year of training to be eligible for 2nd Degree Black Belt. It takes another 2 years to be eligible for 3rd Degree and so on.

Fourth Degree Black Belt is considered "Master" level.

You must be at least 18 years of age to be eligible to test for and become a Master.

Fifth Degree is "Master Instructor". "Grand Master" refers to the reigning highest level Martial Artist in the style. (Technically this would mean that only the President of *Kook-gie-won*, would be called Grand Master) The term "Grand Master" originated abroad, not in Korea, and its exact meaning is not clear. Some schools consider one a Grand Master at 7th Degree

Black Belt, others reserve the title for the President of the U.S.T.U. in each state. Some say it refers to the highest ranking if several Masters are teaching at the same facility. Still others believe you become Grand Master when one has

experience one has, the more skilled the technique. A high ranking Master will be older than a young, 1st Degree Black Belt in prime physical condition, but the higher ranking Master has many more years of experience which gives him wisdom.

Transfer WTF Black Belts will wear a red stripe on their Black Belt. A new White Tiger embroidered Black Belt will be awarded after they test for the next *Don* level.

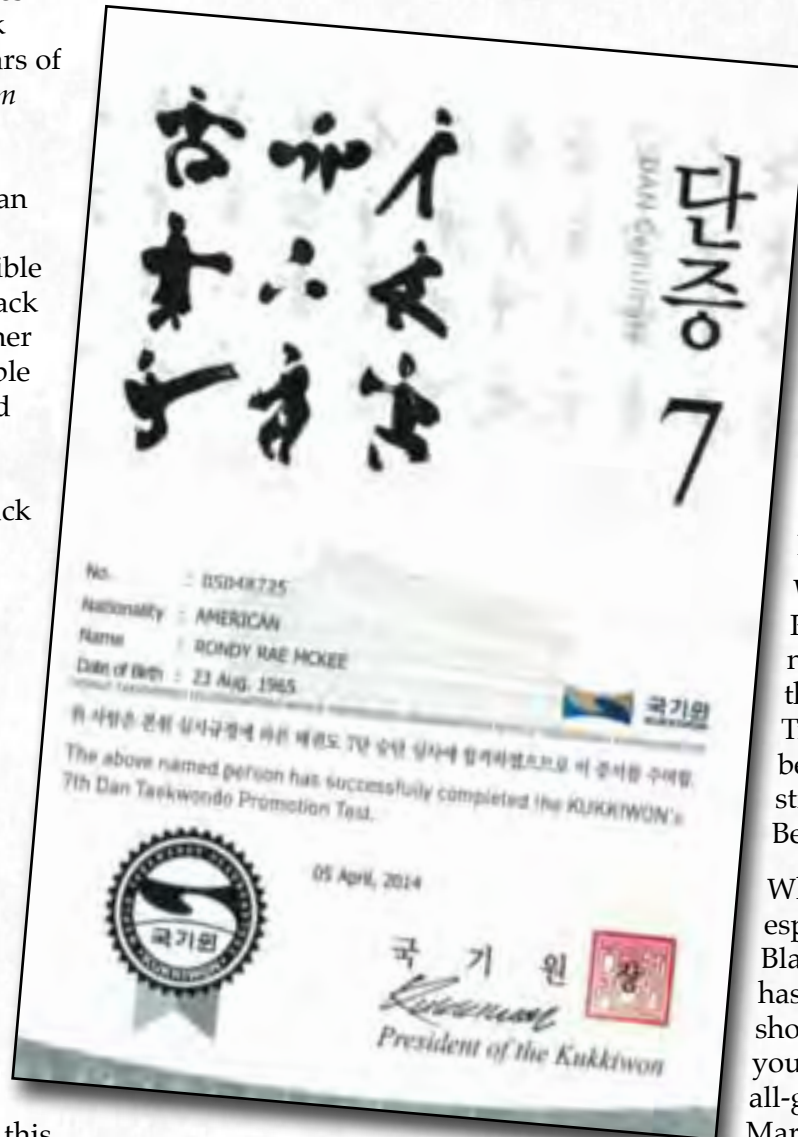
WTF *Don* Rank is recognized first, then White Tiger tested belts, then red stripe Black Belts.

While rank – especially a Black Belt rank – has its place, it should not be your goal-to-end-all-goals in Martial Arts study. Your goal is

self-improvement. That includes not only physical skills, but mental ones as well. Always try for the next higher belt, but strive to attain the maturity and the confidence that the belt symbolizes.

brought his own student from white belt all the way to "Master" level.

The degree of the Black Belt does not measure the level of skill, but rather the length of time training. It is inferred that the more expe-





# INFORMAL STRIPE SYSTEM

This stripe process is designed to help the student see their progress between testing periods. It also assists the instructors in dividing students into training groups during class based on a student's level of progress.

Taekwondo students that have learned half of their new form will receive one black stripe. A second black stripe will be awarded upon completion of the form. The white stripe indicates that the student has learned the self defense, or basics in the case of white belts, needed for testing. Hapkido students that have learned their testing falling technique will receive one black stripe. A second black stripe will be awarded for learning the testing kick. The white stripe indicates that the student has learned all of the self-defense techniques needed for testing.

The last white stripe will serve as a testing pre-qualifier, you must have a white stripe on your belt to receive your testing papers. The stripe system will be used on all belts except for *bo-dons* testing to black belt. The stripes are awarded at the end of rank specific classes for Taekwondo and all classes for Hapkido.

**Leadership Team members are qualified to award stripes. If you feel that you are ready to receive a stripe, and it was not done in class, you may ask a Leadership Team member to test you. There are no testing fees for these informal stripes.**



## TRANSFER STUDENTS

White Tiger accepts transfer students. Your transfer may be handled in a variety of methods.

1. You may retain your belt from another school and test for the next level when you have competed the requirements.
2. You may ask for a "placement" test to determine your appropriate rank.
3. You may begin over if it makes you feel more comfortable.
4. Especially for children, we do not recommend taking away anything earned. It is advised to have children keep their existing belts, even if it is a different style or a color we don't use at White Tiger. When the student is ready, they will be able to test to the next level.

## TRANSFER BLACK BELT

White Tiger recognizes World Taekwondo Federation Black Belts. Only WTF Black Belts are accepted by the International Olympic Committee, and are eligible to be judges at formal belt testings. If you are a Black Belt of another style, Master Rondy will have you retain your belt or provide a placement test for you.

All transfer Black Belt students, regardless of Federation are required to wear RED STRIPES on their Black Belt. When you have tested at a White Tiger Black Belt test, you will be issued a new White Tiger embroidered belt (with no red stripe).

WTF *Don* is recognized first. White Tiger Kukkiwon issued Black Belts are then recognized before red stripe black belts.



# INFORMAL STRIPE SYSTEM

## TIGER TIP

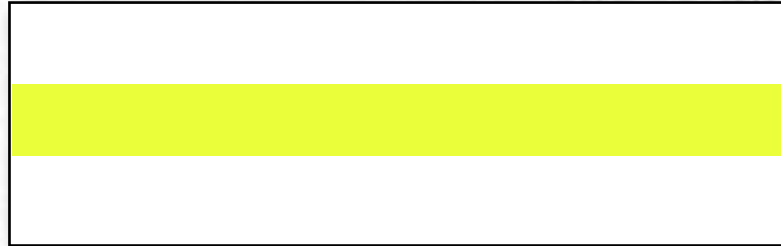
Earn 1st Black Stripe, get a Taekwondough dollar.

Earn 2nd Black Stripe, get another Taekwondough dollar.

Earn your 3rd Stripe (White) and get another Taekwondough dollar AND Bang the Gong!



## NEXT NEW BELT



## 3<sup>RD</sup> STRIPE (WHITE)

TAEKWONDO REQUIREMENTS:

LADY TIGER REQUIREMENTS:

HAPKIDO REQUIREMENTS:

- Learned self defense



## 2<sup>ND</sup> STRIPE (BLACK)

TAEKWONDO REQUIREMENTS:

LADY TIGER REQUIREMENTS:

- Learned complete form

HAPKIDO REQUIREMENTS:

- Learned falling technique



## 1<sup>ST</sup> STRIPE (BLACK)

TAEKWONDO REQUIREMENTS:

LADY TIGER REQUIREMENTS:

- Learned first half of form

HAPKIDO REQUIREMENTS:

- Learned kicking technique



## FIRST BELT





# GOALS FOR RANK - STICKERS



## TIGER TRAINING TIP

When you reach Black Stripe/Bo-don belt you will be invited to attend a series of Black Belt seminars to help prepare you for your Black Belt test. As a gift - Master Rondy will have an embroidered Black Belt made with your name on one side and the school's name on the other side - for students committing to be a productive Black Belt member of our school. Your belt will be displayed in the Black Belt rack. This symbolizes your goal, which is now so close and within reach. It also symbolizes Master Rondy's faith in her students' ability to achieve this goal.



Set realistic goals for yourself. Use a pencil for the form located on page 25, so you can keep your goals updated, and revise them as needed. At White Tiger, you begin without a belt. You will earn your white belt by watching the White Tiger orientation and returning the signed form to the office. A white belt is called 10th *gup* (level 10). You will move up in rank (which lowers your *gup* number). *Bo-don* belt, the belt before Black Belt is "0". When you earn a Black Belt, it is considered a First *don* or level 1 (if a student is under 16 years of age, they are considered a First *poom*, instead of *don*). The levels of Black Belts then continue into higher numbers with 10th *don* being the highest.

## TEST TO 9TH GUP STICKER

New students will have projected dates of earning informal stripes and their first formal test indicated on a sticker on their attendance card. This is to help our new students navigate

their way to their first step toward Black Belt.

**TEST GOAL: 9" GUP/YELLOW STRIPE**  
 Strive to achieve the stripes by the dates projected. If you do not receive stripes by these dates, please see the office for private instructions.

**EARN 1" BLACK STRIPE BY:**   
 (for leaving the first 8 moves of form, earn patch)

**EARN 2" BLACK STRIPE BY:**   
 (for leaving all 30 moves of form, earn patch)

**EARN WHITE STRIPE BY:**   
 (for leaving blocks & forms, earn patch)

**TURN IN TEST PAPERS BY:**   
 (title to office at least 2 days prior to test, earn patch)

**ATTEND TESTING ON:** \_\_\_\_\_

See the office if you miss any of the projected dates so we can get you back on track.

## KEEP ON TRACK FOR BLACK STICKERS

As a color belt, the office will place a projected Goal Date for testing on your attendance card. If at any time you stray from the projections, see the office right away. They will help you select a new date with a new sticker or set up a private test.

**KEEP ON TRACK FOR BLACK**  
 Should be testing for next belt by:  
**SEPT 2016**  
 Pick up your test papers NOW, see sched for app. due date. See office asap if missed.

## TESTING TIMES

When students earn their white stripe - and indicator that they are eligible to test at the next test - Instructors will place a Testing Time sticker over their white stripe. The times are also printed on the front of the schedule and on the website.

Arrival at the office by 11:30  
**TKD LOW RANK**  
**Nov 19 @ 12:00**  
 Testing applications due by Nov 17  
 See the office if you need to schedule a private test

## BODON STICKERS

Taekwondo Black Stripes will have to know all their previously learned forms to test for *Bo-don* Belt. This sticker helps the student and instructor prepare for this important test.

**TESTING GOAL BODON:**  
 Have an instructor check off boxes below. See the office immediately if you miss a date.

GI-BONE HYUNG 1	Nov 4	<input type="checkbox"/>
GI-BONE HYUNG 2	Nov 11	<input type="checkbox"/>
TAE-GEUK ILL JAHNG (1)	Nov 18	<input type="checkbox"/>
TAE-GEUK YI JAHNG (2)	Nov 28	<input type="checkbox"/>
TAE-GEUK SOM JAHNG (3)	Dec 9	<input type="checkbox"/>
TAE-GEUK SAH JAHNG (4)	Dec 20	<input type="checkbox"/>
TAE-GEUK OH JAHNG (5)	Jan 13	<input type="checkbox"/>
TAE-GEUK YOOK JAHNG (6)	Jan 27	<input type="checkbox"/>
TAE-GEUK CHIL JAHNG (7)	Feb 10	<input type="checkbox"/>
TAE-GEUK PAHL JAHNG (8)	Feb 24	<input type="checkbox"/>
SELF DEFENSE #'s 23, 24, & 25	Mar 10	<input type="checkbox"/>
FORMAL TEST TO BODON	Mar 25	<input type="checkbox"/>



# PROCEDURE FOR RANK TESTING

Testing is offered every two months with a make-up test in between. See the back of the schedule for testing dates.

Testing is offered by pre-qualification only (white stripe).

1. You will be judged by a panel of certified Masters and Black Belt Instructors.
2. You should arrive at least 15 minutes early to stretch out.
3. Testing applications are available at any time, they are located above the attendance card rack. The application, fees and other documents must be returned to the office no later than 7:30pm on the Thursday before testing. You may turn it in early at any time. There is a late fee of \$25 if you miss the deadline. Note: to avoid long lines, turn your papers in early.
4. You may also apply for testing online through our website. You may take the written test, submit your report card and post a letter of recommendation all online. If you apply online - do not fill out actual papers for the office.
5. You have all four patches properly sewn on your uniform (American flag, Korean flag, Association and White Tiger patch).

White Tiger offers a sewing service if needed

6. Breaking materials are included in your testing fee. (This applies for Taekwondo students testing to green belt and above only).
7. You are responsible for knowing your requirements for testing. They are in your manual, on your testing application and on the website. All terminology is covered in class and also in this manual.
8. If you are school age, you must also bring a copy of your last school report card (it will not be returned). If you handed in your most recent report card at last testing, you do not need to turn it in again.
9. If you are 12 or under you must turn in a home report card that has been graded by a parent or guardian. A=Excellent, B=Good, C=Average, D=Poor.
10. Students with perfect school report cards (all A's or equivalent) will receive an Academic Achievement certificate and pin. You must submit a copy of the report card.
11. Testing results will be announced the following week after classes and students will be present-

ed with new belts or stripes and certificates. Students are to attend their regular class and be promoted out.

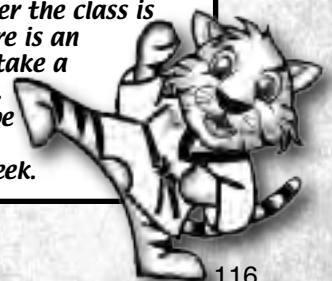
12. See the office to reset your test date if you will miss your projected test. Attendance cards with missed test dates will be pulled and placed in the office. See the office to reset a test goal date and retrieve your card.
13. If you are attending the make-up test as your first test, the \$10 late charge does not apply.
14. You are required to stay for the entire testing unless you have prior permission to leave early. When you have finished your testing, sit quietly and watch the other belts. Having respect for your senior belts during their test is also part of your test.

## **TIGER TIP**

*Testing papers are due the Thursday before the test date.*

*Applications for private tests may be turned in 45 minutes prior to the test.*

*Inform the office before class if you would like to take a private test after the class is finished. There is an extra fee to take a private tests. Results will be returned within the week.*



# TRADITIONAL BELT TESTING



Like any other activity that requires you to demonstrate your best efforts, Martial Arts examinations can be a source of anxiety, excitement and even enjoyment. Learning to master these kinds of physical, mental and spiritual challenges can help you better manage other stressful situations that are part of daily life.

Remember this: you've trained for this moment, so rely on what you know. The fact that you were invited to test means that you have already shown the instructors that you have fulfilled the requirements. The white stripe on your belt is a pre-qualification for testing. At testing time, it may appear crowded and you may think that all the students are present. In actuality, only 20 to

25% percent of the students are invited to test. And out of those invited, not everyone decides to, or can make the test.

Every teacher, fellow student and spectator in the room has one thing in common with you – they all want you to succeed.

## WHAT TO EXPECT AT YOUR FIRST TEST

1. Arrive at the school for testing about 15 minutes early to stretch out. The locker rooms are crowded so you may want to come already dressed.
2. The test begins with all students lining up to bow to the flags and judges, just like class. Then all students will be seated at the back of mat.
3. We begin testing with Tiger Tots (before the big-

ger crowds arrive), followed by the Black Belts performing a *Pahl-gway* form. Then the yellow belts - the highest of the lower ranks, go first so the lower ranks can have an idea of what is expected. The yellow stripe students are up next and then the white belts.

4. Due to the fact that White Tiger boasts a large number of Black Belt judges, students can be testing in large groups. When your name is called at testing, answer "yes, Sir!" loudly and run to line up. An assistant will show you where to stand.
5. In the case of white belts, the testing commands will be as follows:

- Attention
- Bow



# TRADITIONAL BELT TESTING



- Horse Riding Stance
- Punching
- Kicking Position
- Front Snap Kick
- *Gi-bone Hyung 1* (form), instructor's count
- Blocking set

Yellow belt students and above will be called up in a group to perform kicking, forms and step sparring. They will then be dismissed to put on sparring gear and sit along the back. The students will be paired up for sparring.

At the later session, the Taekwondo high rank portion of testing - for students testing to Green Belt & higher will perform. After the sparring portion of the test is completed, Green stripe students and above will line up for breaking. The breaking portion of the test consists of groups of students standing in front of the judges who are holding the boards. At the instructors command, the students perform their break "domino style" from the windows to the audience, moving quickly down the line.

A Best Test trophy will awarded at regular testing for each gup level.

Sometimes additional awards and medals are presented for the "Best Form", "Best Kick", "Best Sparring", "Best Breaking", etc.

One or two Best Test trophies will be awarded for the Hapkido/Lady Tiger/Kung fu portion of the test. The Best Test student is selected for their effort and attitude both during their test on the mat, and their conduct while others are performing.

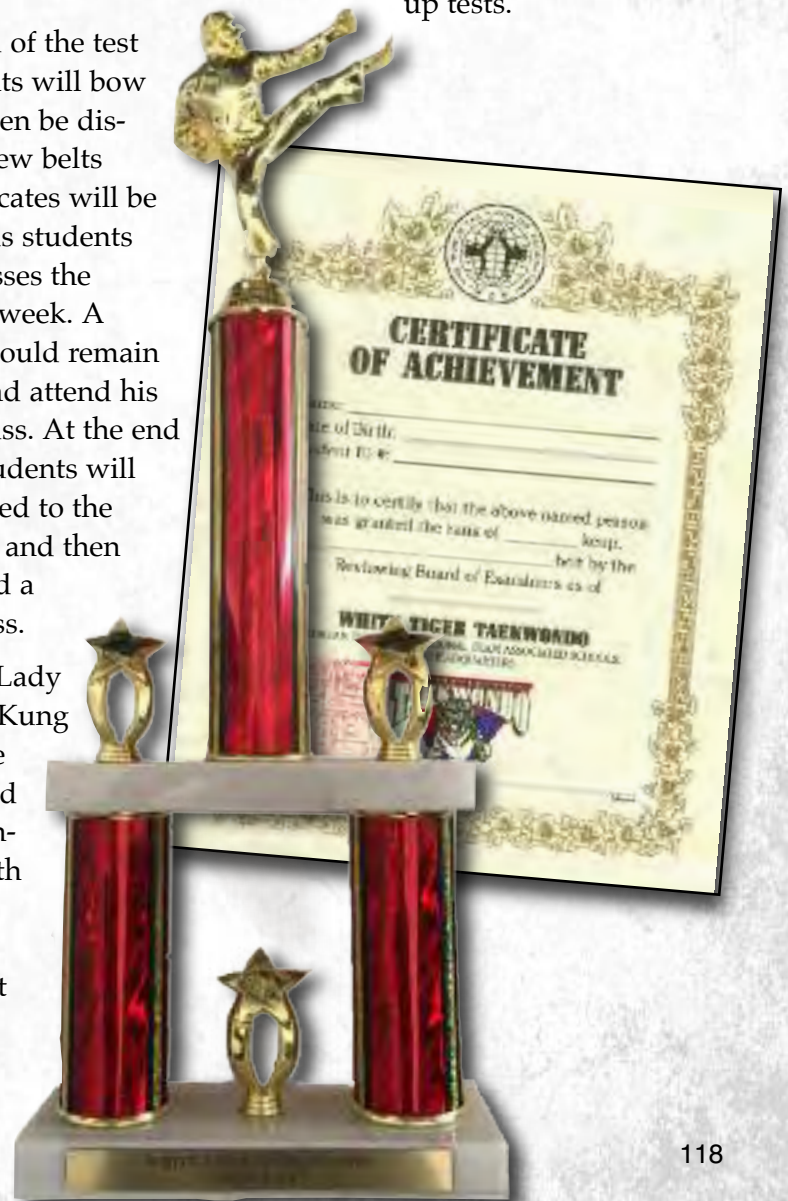
At the end of the test the students will bow out and then be dismissed. New belts and certificates will be awarded as students attend classes the following week. A student should remain humble and attend his regular class. At the end of class students will be promoted to the next level, and then may attend a higher class.

Hapkido, Lady Tiger and Kung fu tests are smaller and will be conducted with all of the testing students at the same session.

Because the stu-

dents in Hapkido are adults or children with Taekwondo Black Belts, we begin with white Belts and continue up to the *bo-dons*.

Make-up tests are held between regular testings for new students or students who missed the regular testing. These are usually small and held with Taekwondo, Hapkido, Lady Tigers and Kung fu students together. Students do not to bring sparring gear to make up tests.





# THE BLACK BELT CREED

*A Black Belt is a champion...  
a champion of his own weakness.*

## BLACK BELT CREED

I intend to develop myself in a positive manner and avoid anything that will reduce by mental growth or physical health.

I intend to develop self-discipline in order to bring out the best in myself and others.

I intend to use what I learn in class constructively and defensively to help my fellow man and will never abuse this privilege and power bestowed upon me.

### **TIGER TRAINING TIP**

*It's called a "paper black belt" when a student comes to testing for years, always with a panel of support at the table, learns from their seniors, is cared for and motivated by the instructors - but the day they get their piece of paper, their BB certificate, they quit. "They got theirs" (with the help of many) but don't stick around to help support anyone else. It is always disappointing and heartbreaking, for they are truly cheating themselves of the greatest part of Being a Black Belt - to give back and help others. Earning a first degree Black Belt is about "learning the moves". Continuing and earning higher rank is "learning about yourself, a much deeper understanding". What kind of Black Belt will YOU be?*

