



Thrive Martial Arts

www.ThriveATA.com



1st Degree and 2R Testing Sheet

July / August 2018

Basics

9 Block
Compound Double Low Block
Compound Square Block
Inward Inner Forearm Block
High/Low Knifehand Block
Advanced Double Outer Forearm Block
Advanced Double Knifehand Block
Circular Double Knifehand Low Block
Stomping Kick
Pressing Side Kick
Half Command Position

Rank Specific Information

- Form Name: **Shim-Jun**
- Form Meaning: Begin Planting Seeds for the Future
- Interpretation: New role of loyalty through physical and mental training
- 81 Movements in the form
- Form Time: 2:05 to 2:10, from Attention to Ending Bow
- Tension Movements are 5 seconds long
- Slow Movements are 2 seconds long

Mid-terms (overall):

- 4 Midterms, with a minimum score of 7 (out of 10) - Lower scores will require additional mid-terms until 4 passing mid-terms are achieved.
- You will break plastic boards at Mid-terms and wood boards when testing for the next higher rank (testing for 2nd Deg Decided).

• **Board Breaks:** In honor of reviewing Green belt material, **This Cycle's board break are:**

- #1 Front Kick
- Reverse Punch
- Step Reverse Side Kick

• **Weapons:**

- May- August = Ssang Jeol Bong

Individual Mid-Term Requirements:

- **Form:** Shim-Jun (your form)
- **Board Breaks:** You will be required to perform the board break of the cycle, each mid-term you will perform a different set of board breaks.
- **Sparring:** You will be required to spar during testing
- **Weapon:** Each mid-term you will perform the weapon of the cycle
- **Self-Defense:** You will be required to perform the self-defense of the cycle. This cycle, your instructor will be teaching you self defense against a two handed rear choke.

Testing Information:

The next mid term opportunity will be at the black belt testing August 18th 2018 at the Windsor Rec Center. The black belt workout (optional for midterms, required for rank testers) will be 10am-12pm at the Windsor Thrive location. Testing/Midterming will be at the Windsor Rec Center at 2 pm. The black belt ceremony will be immediately following testing at Thrive-Windsor.



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2nd Degree Black Belts Testing Sheet

July / August 2018

BASICS

X Stance
One Legged Stance
Circular Hooking Block
Side high knifehand/low open hand block
Reinforced inner forearm block
Downward Palm block
Inward Palm block
High Nine Block
Circle single knifehand block
Horizontal elbow strike
Twin Punch
Hammerfist Strike
Downward Elbow Strike
Downward Knifehand Strike
Arc Hand Strike

Rank Specific Information

- Form Name: **Jung Yul (your form)**
- Form Meaning: With your noble character, you will develop a new permanence in your life.
- 82 Movements in the form
- Form Time: 2:05 to 2:10, from Attention to Ending Bow
- Tension Movements are 5 seconds long
- Slow Movements are 2 seconds long

Mid-terms (overall):

- 8 Midterms, with a minimum score of 7 (out of 10) - Lower scores will require additional mid-terms until 8 passing mid-terms are achieved.
- You will break plastic boards at Mid-terms and wood boards when testing for the next higher rank (testing for 3rd Degree).

• **Board Breaks:** In honor of reviewing Green belt material, **This Cycle's board break are:**

- #1 Jump Front Kick
- Jump Reverse Punch
- Step Reverse Side Kick

• **Weapons** will be as follows during the calendar year:

- May-August = Double Ssang Jeol Bong

Individual Mid-Term Requirements:

- **Form:** Jung Yul (your form)
- **Board Breaks:** You will be required to perform the board break of the cycle, each mid-term you will perform a different set of board breaks.
- **Sparring:** You will be required to spar during testing
- **Weapon:** At each mid-term you will perform the weapon of the cycle up to the point taught in class.
- **Self-Defense:** You will be required to perform the self-defense of the cycle. This cycle, your instructor will be covering self defense against a two handed rear choke.

Testing Information:

The next mid term opportunity will be at the black belt testing August 18th 2018 at the Windsor Rec Center. The black belt workout (optional for midterms, required for rank testers) will be 10am-12pm at the Windsor Thrive location. Testing/Midterming will be at the Windsor Rec Center at 2 pm. The black belt ceremony will be immediately following testing at Thrive-Windsor.



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3rd Degree Black Belt Dec Testing Sheet

May / June 2018

BASICS

Spin Outer Crescent Kick
Step Spin Heel Kick
Jump Reverse Side Kick
Lockout Round Kick
Ridgehand High/Low Block
Downward Outer Forearm Block
Advanced Double Ridgehand Block
Twin Outer Knifehand Block
Low Open Hand Sweeping Block
Longfist Strike
Twin Back Elbow Strike
Twin Horizontal Hammerfist Strike
Two Finger Strike
Circular Double Downward Hammerfist
Twin Vertical Palm Heel Strike

Rank Specific Information

- Form Name: **Chung San (your form)**
- Form Meaning: Peace of Mind and Tranquility
- 83 Movements in the form
- Form Time: 2:05 to 2:10, from Attention to Ending Bow
- Tension Movements are 5 seconds long
- Slow Movements are 2 seconds long

Mid-terms (overall):

- 12 Midterms, with a minimum score of 7 (out of 10) - Lower scores will require additional mid-terms until 12 passing mid-terms are achieved.
- You will break plastic boards at Mid-terms and plastic boards when you test at nationals or world championships.

• **Board Breaks:** In honor of reviewing Green belt material, **This Cycle's board break are:**

- #1 Jump Front Kick
- Jump Reverse Punch
- Step Jump Reverse Side Kick

• **Weapons:**

- May-August = Single and Double Ssang Jeol Bong

Individual Mid-Term Requirements:

- **Form:** Chung San (your form)
- **Board Breaks:** You will be required to perform the board break of the cycle, each mid-term you will perform a different set of board breaks.
- **Sparring:** You will be required to spar during testing
- **Weapon:** At each mid-term you will perform the weapon of the cycle up to the point taught in class.
- **Self-Defense:** You will be required to perform the self-defense of the cycle. This cycle, your instructor will be covering self defense against a two handed rear choke.

Testing Information:

The next mid term opportunity will be at the black belt testing August 18th 2018 at the Windsor Rec Center. The black belt workout (optional for midterms, required for rank testers) will be 10am-12pm at the Windsor Thrive location. Testing/Midterming will be at the Windsor Rec Center at 2 pm. The black belt ceremony will be immediately following testing at Thrive-Windsor.