



# Thrive Martial Arts

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## 1st Degree and 2R Testing Sheet

November / December 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 Camo belt material, **This Cycle's board break are:**

- #2 Round Kick
- Reverse Side Kick
- # Back Fist Strike

### • **Weapons:**

- Ssahng Jeol Bong (Review)

### 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 (Rear Bear Hug).

### Testing Information:

### Testing Information:

Thrive December Testing Information - Saturday, Dec 1st

Mandatory Black Belt Workout- 10am-12pm @ Thrive Windsor

Black Belt Testing- 2PM @ Windsor Rec Center

Ceremony- Immediately following testing @ Thrive Windsor

## 2nd Degree Black Belts Testing Sheet

November / December 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:** This cycle, 2nd Degrees will do the following board breaks:

- #2 Jump Round Kick
- Reverse Side Kick
- #Back fist Strike

• **Weapons** will be as follows:

- ▶ Double Ssang Jeol Bong (Review)

### 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 rear bear hugs.

### Testing Information:

Thrive December Testing Information - Saturday, Dec 1st

Mandatory Black Belt Workout- 10am-12pm @ Thrive Windsor

Black Belt Testing- 2PM @ Windsor Rec Center

Ceremony- Immediately following testing @ Thrive Windsor



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## 3rd Degree Black Belt Dec Testing Sheet

November / December 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:** This cycle, 3rd Degrees will do the following board breaks:

- Jab (combo)
- Cross (combo)
- Jump Front Kick, #2 Front Kick Combo

**Weapons** Will be as follows:

Double Ssang Jeol Bong (Review)

### 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 bear hugs from the rear.

### Testing Information:

Thrive December Testing Information - Saturday, Dec 1st

Mandatory Black Belt Workout- 10am-12pm @ Thrive Windsor

Black Belt Testing- 2PM @ Windsor Rec Center

Ceremony- Immediately following testing @ Thrive Windsor