



# Thrive Martial Arts

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## 1st Degree and 2R Testing Sheet

March / April 2019

### 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.
- After you pass four midterms, you are ready to test for second degree recommended black belt (2BR). After a successful 2BR testing, you may test for 2nd degree decided at the next Thrive Black Belt Testing
- You will break plastic boards at Mid-terms and when testing for 2BR and wood boards when testing for 2nd Deg Decided.

- **Board Breaks:** In honor of working on the warrior combo, **This Cycle's board break are:**
  - # 2 Round Kick
  - Punch
  - Elbow Strike

Goal- To do the moves like a self defense combo

- **Weapons:**
  - March - April = Gum Do

### 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

### Testing Information:

The next mid term opportunity, or chance to test for 2BR will be at the end of February/ Beginning of March in your school. Please see your instructor for school-specific testing information. The next opportunity to test for 2nd Degree Decided will be at the Thrive Black Belt Testing on April 27th. **\*\* If you are competing for a state or district title, be sure to speak with Master Overby BEFORE testing for 2BR as it may impact your competition and title eligibility.**



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## 2nd Degree Black Belts Testing Sheet

April / March 2019

### 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.
- After you pass eight midterms, you are ready to test for 3rd degree black belt at the next Thrive Black Belt Testing.
- You will break plastic boards at Mid-terms and wood boards when testing for 3rd Deg Decided.

- **Board Breaks:** In honor of working on the warrior combo, **This Cycle's board break are:**
  - # 2 Round Kick
  - Hook Punch
  - Elbow Strike

Goal- To do the moves like a self defense combo

- **Weapons** will be as follows during the calendar year:
  - March - April = Gum Do

### 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 front choke.

### Testing Information:

The next mid term opportunity, will be at the end of February/ Beginning of March in your school. Please see your instructor for school-specific testing information. The next opportunity to test for 3rd Degree Decided will be at the Thrive Black Belt Testing on April 27th.



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## 3rd Degree Black Belt Dec Testing Sheet

March / April 2019

### 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.
- After you pass twelve midterms, you are ready to test for 4th degree black belt at the next ATA National Event (**Note- Must be 18 Years Old**)
- You will break plastic boards at Mid-terms and at all ATA National Events.

- **Board Breaks:** In honor of working on the warrior combo, **This Cycle's board break are:**
  - # 2 Round Kick
  - Hook Punch
  - Elbow Strike

Goal- To do the moves like a self defense combo

- **Weapons** will be as follows during the calendar year:
  - March - April = Gum Do

### 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 front choke.

### Testing Information:

The next mid term opportunity, will be at the end of February/ Beginning of March in your school. Please see your instructor for school-specific testing information. Fourth degree must be tested for at a national event, and will require Master Overby's permission.