

# Golden State Taekwondo

## Testing Information for White Belts

### **Background:**

Lower and higher belt exams are held at separate times in order to decrease the number of students that must be judged during a given exam, with the lower belt test usually smaller and with fewer observers. Students testing for their first or second time generally display a greater level of confidence under these conditions.

Test results are **not** announced immediately. They are given in class during the following week in order to allow reconsideration or additional observation to students who may have received a split decision. The above procedure allows students to avoid possible embarrassment, and to adjust to the pressure of a public test of skill and attitude.

### **Procedure:**

- A. You will be tested in a group of 6, 8, or 10 students.
- B. When your name is called, respond with “Yes, Sir!” or “Yes, Mam!” and run to your spot. When everyone is lined up, you will bow in as a group.
- C. Typical test sequence. (Actual test may vary):**
  - a. Take a fighting stance (Kia as stance is taken)
  - b. Left-right (jab –reverse) punching (Kia on #10). Switch stance, and Kia again.
  - c. Right-left (jab –reverse) punching (Kia on #10). Switch stance, and Kia again.
  - d. Right back-leg front kick (Kia on #10).
  - e. Left back-leg front kick (Kia on #10).
  - f. Exam form right-leg side kick (Kia on #10).
  - g. Exam form left-leg side kick (Kia on #10).
  - h. Right back-leg round kick, stepping forward to left back-leg round kick, until five kicks are performed (Kia on #5). Turning-hup! (Kia on turn). Then, five kicks in the same manner going back (Kia on #5). Turning-hup! (Kia on turn)
  - i. One step sparring techniques will be done without a partner. You will be asked to do five techniques. Kia on final move of each technique.
  - j. Next, five defensive front kicks are performed by the **instructor’s count**. Wait for partner to charge in and keep hands up. (Kia on #5).

- k. Lastly, Pinan 1 is performed by the **instructor's count** (24 moves). Kia on moves #12, #20, and #24. Since your form is done last, use all possible strength and concentration. After the form, make sure to bow.
- l. There may be some questions from the judges. You will then bow out and be dismissed from the floor.

**Final Notes:**

- Your part of the test only lasts for approximately seven minutes.
- Make sure uniforms are clean and ironed.
- Be polite to the judges and Black Belts.
- Kias should be loud and eyes should be kept up. Do not look down or around.
- Mistakes are OK (pretend it didn't happen!) if strength and concentration and an excellent attitude are constantly maintained.
- When practicing at home, use the conviction and enthusiasm you might use when actually performing the test.
- If you are properly prepared and perform as if you believe in yourself, you will pass.