



**Active**  
MARTIAL ARTS

**TESTING REQUIREMENTS  
FOR STUDENTS TESTING  
FOR THEIR APPRENTICE, CERTIFIED,  
AND DEGREE BLACK BELTS**

## SIGNATURE OF RECEIPT & COMPLETION FORM

By signing this form, I, \_\_\_\_\_, student at Active Martial Arts, agree that I have read and understood all information contained within. I accept that this guide is my responsibility and that I must complete the requirements outlined in it and present it to my chief instructor at each Pre-test and present it fully completed by the re-testing date.

STUDENT NAME (Please Print): \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_

PARENT NAME (Required if child is younger than age 13) (Please Print):

\_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

DATE SIGNED: \_\_\_\_\_

# BLACK BELT TESTING PREPARATION GUIDE

(Please do not lose this guide; you will not be issued another. All candidates must complete the forms within and return the entire packet, along with the rest of the testing requirements at each Pre-test & Re-testing.)

Candidate Black Belts, Certified Black Belts, and Degree Black Belts: If you are receiving this guide, your instructor feels that you are ready to test for your Apprentice Black Belt, Certified Black Belt, or Degree Black Belt. This test, including the pre-tests and final, will be more difficult than any others you have completed in your martial arts training. The guide is a tool to assist you with completing all tasks, both before and during testing. The following items are included in the packet:



1. List of all test requirements.
2. List of all skills that require proficiency in order to test.
3. List of recommendations as to what you should eat and drink prior to and on the day of the test.
4. List of items to bring to testing.
5. Other notes you instructor may feel are helpful.

Remember, we are giving you the tools you need to succeed; it's your job to use them. As stated above, these tests are difficult and not every student will pass.

**DISCIPLINE - BELIEF - SELF-ESTEEM -  
RESPECT - COMMUNICATION - HONESTY**

## TESTING DATES, TIMES, AND LOCATIONS:

### Black Belt Pre-Test Dates & Times:

Forms & Fit Test - Date: \_\_\_\_\_

Kicking & Breaking - Date: \_\_\_\_\_

Sparring - Date: \_\_\_\_\_

Re-Test, Make-Up Testing- Date: \_\_\_\_\_

### Black Belt Final Test:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

To be best prepared, please arrive 15-30 min. before the test's start time. Black Belt testing **always** starts on time. It is important for you to be there, ready to begin. Also, your instructor may feel it's necessary to add private lessons along with black belt prep class, which you should be attending. If he or she does, these lessons are for your benefit, and it is strongly advised you schedule them. Write in the dates and times of these classes in the space below.

### Black Belt Prep Classes:

Dates: \_\_\_\_\_

Times: \_\_\_\_\_

**DISCIPLINE - BELIEF - SELF-ESTEEM -  
RESPECT - COMMUNICATION - HONESTY**

# REQUIREMENTS PRIOR TO FINAL BLACK BELT TEST

1. Must Pass Pre-Tests, one in each of the categories: Forms, Fitness, Sparring, Kicking and Breaking. You earn orange stripes by passing the pre-tests and must have all 3 Orange stripes.
2. Earn all your stripes each training cycle: Yellow, Blue, and 3 Black.
3. Consistent attendance of Black Belt Prep.
4. Leadership assisting in 10 lower rank classes. (details inside)
5. (Certified & Degree Candidates Only) Life Skill presentation at school/work
6. Completion of Black Belt essay. Read at Color Belt Graduation (Details inside)
7. Complete a Black Belt Visual Presentation. (Details inside)
8. Complete 25 Acts of Kindness and Courtesy. (Log inside)
9. Post a video on the Candidate FB group showing your performance of the forms and kicking drills:  
*Apprentice:* Kama form 1, Self control form, Sai form 1  
*Certified & Degree:* Kama 1, Self control form, Sai form 1, + Choose 3 advanced forms

## **Black Belt Prep Classes:**

This is a class that will help prepare you for your pre-tests and final tests. You should be attending this class consistently to help you prepare.

## **Leadership Assisting in Lower Rank Classes:**

Blackbelt candidates are required to lead by example in 10 lower rank classes. Speak to your instructor and schedule yourself to attend a lower rank class each week.

## **(Certified Candidates Only) Life Skill Presentation at School/Work:**

Choose one or more of the lifeskills that resonate deeply with you, and prepare a 5-10 minute presentation to be given at your school or work. Tell your teacher you are testing for blackbelt and part of the leadership training is speaking in front of others about these lifeskills.

### **Black Belt Essay:**

This is an essay about your Active journey that will be read and presented at the color belt graduation.

Tell us about what becoming a Black Belt means to you, what have you experienced, what about you has changed, physically, mentally, emotionally, socially, etc... This essay should be between 4-6 paragraphs, typed. Your essay must be able to be read out loud in under 2 min. Practice your presentation in the mirror and in front of others for feedback. Show us what a black belt looks and sounds like!

Submit this at the last re-testing and bring your own printed copy to belt graduation/school. An example outline for this essay can be found on our website and on the app.

### **Visual Presentation:**

This presentation is simply a visual record of you as you moved up the ranks from white belt to Candidate, Certified, or Degree Black Belt. This can be in a video format with music of you, your friends, and mentors at different stages in your training.

Please include captions with the pictures of the who/ what/ when/ where. Pictures of memorabilia of Martial Arts accomplishments such as tournament medals, stripes, awards, ect., can also be included. Please list your name on the slide.

Complete presentations need to be posted on the Active Friends and Family Facebook Group. There are dozens of free apps and online sites that you can use to create a slideshow. Let your creativity run wild and “wow” us with this visual and audio expression of your black belt journey.

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## SKILLS/WHAT EVERY FUTURE BLACK BELT IS REQUIRED TO KNOW AND EXECUTE FOR TESTING

The first three forms must be mastered for testing at Apprentice level, and six forms are required for Certified and Degree Black Belt.

**You must be able to demonstrate that you not only know the forms, but that you execute them with confidence and skill.**

Instructors are looking for a high level of emotional intensity, proper stances, snap, power, proper chambers, proper technique and kicks must be at least waist high. Instructors need to know that you mean business with every move!

Proficiency in execution and in board breaking must be demonstrated with all kicks. This means chamber, kick, recoil, proper foot positioning, eye contact, and focus.

Punches (jab, cross, hook, upper) and elbows. Students must be able to punch properly. Execute these moves from the ground up, have correct proper body alignment, pivot, hand position, and push/pull. Even though apprentices may not be required to punch pads, the punches must be executed this way during forms.

Knowledge and execution of proper stances: front, back, sitting, power, attention.

See the complete chart of requirements for all testers.

## Chart of Requirements

<b>SKILLS</b>	<b>APPRENTICE</b>	<b>CERTIFIED</b>	<b>1<sup>st</sup> DEGREE</b>	<b>2<sup>nd</sup> DEGREE+</b>
Kama form 1, Self-control form, Sai form 1	•	•	•	•
Any 3 advanced forms	•	•	•	•
#1, #2, #3 front kick, round kick, side kick, and hook kicks	•	•	•	•
Jump front kick	•	•	•	•
Spin crescent kick	•	•	•	•
Spin hook kick	•	•	•	•
Spin side kick	•	•	•	•
Jump spin crescent kick		•	•	•
Jump spin hook kick		•	•	•
Flying kicks: Jump #2 round & Jump #2 side		•	•	•
Twist kick		•	•	•
Axe kick		•	•	•
Punching series: Jab/cross/hook/cross		•	•	•
Uppercut series: Jab/cross/uppercut/cross		•	•	•
Butterfly round kick, butterfly crescent kick			•	•
360 jump spin crescent, 360 jump spin hook			•	•



**(All Ranks) Required 6 Board Breaks:** Front, Round, Side, Hammerfist, Palmheel, Elbow

**Celebratory board** - 1 wooden board will be provided at the final re-testing / make-up test. This is a celebratory board that you will decorate and break at the final black belt test. You can choose any technique and you have unlimited chances to break.

**You will be sparring.** Instructors are looking for proper stance, footwork, guard position, timing, blocking, combinations, variety of techniques, counter attacking, self control, respect, and proper execution of technique.

Besides this, you need the proper gear listed below:

**Required Sparring Equipment – No Exceptions:**

Active Head & Face Shield  
Cup (men & boys only)  
Active Sparring Gloves  
Elbow pads/Rib Guard  
Active Foot/shin guards  
Mouthpiece

**\*You must have all your own gear. If you are missing any required item at testing, you will not be allowed to take the test. Also, gear must be put on quickly without assistance; it should take you no more than 90 seconds.**

If you already know that you need, or will need, any item of gear or equipment, these items can be purchased at the school. Your program director can assist you in ordering whatever you may be missing. Please don't wait until the final week to order an item(s) required, because they will not arrive in time for your test.

Take the time to inspect your gear this week: make sure you have exactly what you need, confirm that all items are Active approved, and make sure that everything is intact, fits properly, and is safe to use.

Students be prepared to spar at least two 2 minute rounds of free sparring and several point sparring matches.

**(Certified and Degree black belts only)** perform a **2 on 1 sparring** round at testing.

**SITUP AND PUSHUP REQUIREMENTS** at testing are the same for all students because they are part of the Fit test. These will be done with a partner, who will count your completed exercises.

If a sit-up or push-up is not completed correctly or at 100 percent (e.g., a crunch that only lists the shoulders off the ground does not count), you and your partner do not count these. Also, you are not to stop once you've completed the required number of exercises; continue until the instructor calls time.

The overall combined score of the five Fit test exercises must exceed 300 for you to be eligible to receive your Black Belt. The five exercises are done in one-minute intervals, with a 30-second rest period in between each exercise.

The exercises are:

1. Push-ups
2. Sit-ups
3. "Waist high" round kicks
4. Front Kick to Jab/cross combo
5. Jab/cross

What is considered proper for correct completion of both sit/push-ups is detailed below.

**SIT-UPS:** Knees bent, ankles and knees together, feet fully on the floor, with hands placed across the chest. For the sit-up to count, you must sit all the way up and touch your elbows to your knees. Your partner will hold your legs firmly, with one arm placed under your calves and the other over your thighs. This way ensures stability, and all students should be holding their partners' legs using this technique. If at any time you feel that a rest is needed, take it in the fully upright sitting position.

**PUSH-UPS:** Butt down, legs out straight, with shoulders over the wrists. For the push-up to count, it must break the shoulder line. If you need a rest during this activity, take it in the upright push-up position. If at any time you drop to your knees, your score will be dropped to zero and your partner must begin the count again. You will not be given additional time.

When you practice at home, do so the way instructed in this guide. If you're practicing these exercises correctly every day, accomplishing the testing requirements in this area will be easy!

**DISCIPLINE - BELIEF - SELF-ESTEEM -  
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## **ITEMS TO BRING WITH YOU ON TESTING DAYS**

All testers: Bring all sparring gear and re-breakable board.

- Your full uniform and belt. Your uniform should be pressed, neat, and clean. During pre-tests, wear your belt as usual, with the red side up, if you are testing for Apprentice or Certified.
- At the final test, wear your belt with the black side up.
- Drink water! We strongly advise you not to bring soda, coffee, or energy drinks that contain caffeine. These beverages will only dehydrate you and hinder your ability to complete the test. You also may want to bring items like protein bars, fruit, or vegetables that have high water content, for example, celery.
- Focus, Discipline, and a “Yes, I can” attitude. If you come prepared and ready to succeed, you will!
- Friends and family. Invite at least one person who has supported you along the way. This is a tough test, and its great to have someone you love cheering you on.

## **TEST PREP NUTRITION & EXERCISE SUGESTIONS**

(These are only suggestions; we are not doctors or nutritionists. If you need detailed nutritional advice, please consult your physician.)

- During the week leading up to testing, you will be training hard. It is natural to try to perfect your skills, but your body needs a break from physical activity at least one day every week in order to perform at its best. Often, students who take a break from training on the day before testing, feel better and perform better at testing.
- Complex carbohydrates are an extremely important fuel source, and your body will need this fuel for testing. Introduce some extra carbs into your diet about a week before the test. Foods like whole grain pasta, breads, and brown rice will help you store some extra fuel when you need it most.
- Water, water, water: 6-8 glasses a day is essential. If you’re not already doing it, start today. Increase your water intake, and decrease your intake of other less healthy beverages. Also, on the morning of the test, drink at least 32 oz of water. Staying hydrated is very important, and you will not be able to stop for water whenever you wish.
- Sleep. Make sure you get enough sleep in the days leading up to testing and on the night before.

# Forms and Fit Pre-Test Check Point Requirements

**(Must be submitted at the pre-test)**

**Minimum of 4 leadership assisting lower rank classes**

**Black Belt prep classes attended:**

Dates: \_\_\_\_\_

Student/ Parent Signature \_\_\_\_\_

**Practicing at home 2x per week**

Student/ Parent Signature \_\_\_\_\_

**Video of student performing all forms posted to candidate facebook group.**

Student/ Parent Signature \_\_\_\_\_

**Total: 10 Acts of Kindness completed**

Student/ Parent Signature \_\_\_\_\_

Instructor Signature \_\_\_\_\_

**TURN THIS IN COMPLETED AT EACH PRE-TEST**

# Kicking and Breaking Pre-Test Check Point Requirements

**(Must be submitted at the pre-test)**

**Minimum of 6 (total) leadership assisting lower rank classes**

**Black Belt prep classes attended:**

Dates: \_\_\_\_\_

Student/ Parent Signature \_\_\_\_\_

**Practicing at home 2x per week**

Student/ Parent Signature \_\_\_\_\_

**Video of student performing all kicks posted to candidate facebook group**

Student/ Parent Signature \_\_\_\_\_

**Total: 15 Acts of Kindness completed**

Student/ Parent Signature \_\_\_\_\_

Instructor Signature \_\_\_\_\_

**TURN THIS IN COMPLETED AT EACH PRE-TEST**

# Sparring Pre-Test Check Point Requirements

**(Must be submitted at the pre-test)**

**Minimum of 8 (total) leadership assisting lower rank classes**

**Black Belt prep classes attended:**

Dates: \_\_\_\_\_

Student/ Parent Signature \_\_\_\_\_

**Practicing at home 2x per week**

Student/ Parent Signature \_\_\_\_\_

**Total: 20 Acts of Kindness completed**

Student/ Parent Signature \_\_\_\_\_

**(Certified & Degree Only) 5-10 Minute Lifeskill Presentation at school/work**

Student/ Parent Signature \_\_\_\_\_

Instructor Signature \_\_\_\_\_

**TURN THIS IN COMPLETED AT EACH PRE-TEST**

# Re-Test/ Make-up Test Pre-Test Check Point Requirements

**(Must be submitted at the pre-test)**

**Minimum of 10 (total) leadership assisting lower rank classes**

**Black Belt prep classes attended:**

Dates: \_\_\_\_\_

Student/ Parent Signature \_\_\_\_\_

**Practicing at home 2x per week**

Student/ Parent Signature \_\_\_\_\_

**Black Belt visual presentation posted to friends and family facebook group.**

Student/ Parent Signature \_\_\_\_\_

**Black Belt essay submitted in printed format.**

Student/ Parent Signature \_\_\_\_\_

**Total: 25 Acts of Kindness completed.**

Student/ Parent Signature \_\_\_\_\_

Instructor Signature \_\_\_\_\_

Candidate was given 1 wooden celebratory board to decorate.

If all final requirements were met, candidate belt was flipped black side up.

**TURN THIS IN COMPLETED AT EACH PRE-TEST**

## 25 ACTS OF KINDNESS & COURTESY SHEET

	<b>DATE</b>	<b>ACT</b>	<b>PARENT SIGNATURE</b>
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2			
3			
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