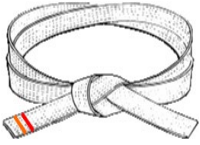




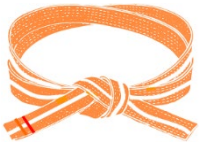
Waldorf Martial Arts Testing Requirements Novice and Beginner Levels



- Complete 2 to 3 classes a week *consistently*
- Complete 16 Classes minimum before testing for your next Belt.

Be able to correctly demonstrate:

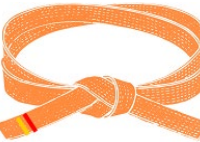
- White Belt Fundamentals
- 10 Count Punch/Block Drill By the count.
- Three-step Sparring- Number 1, (Alone)



- Complete 2 to 3 classes a week *consistently*.
- Complete 24 Classes minimum before testing for your next Belt. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be promoted without having the required number of classes.)

Be able to correctly demonstrate:

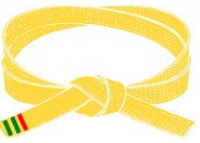
- White/Orange Belt Fundamentals (See your goals & objectives sheet you received with this Belt.)
- 10 Count Punch/Block Drill By the count.
- Three-step Sparring- Numbers 1 and 2, (Alone)
- demonstrate your Form: Kee Cho



- Complete 2 to 3 classes a week *consistently*
- Complete 24 Classes minimum before testing for your next Belt. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be promoted without having the required number of classes.)

Be able to correctly demonstrate:

- Orange Belt Fundamentals (See your goals & objectives sheet you received with this Belt.)
- 10 count Punch/Block Drill
- 10 Count Kick Drill- 1st six kicks.
- Three-step Sparring- Numbers 1 and 4, or 1-step Sparring 1-4
- demonstrate your White/Orange Belt and Orange Belt forms, Ki Cho & Dan Gun



- Complete 2 to 3 classes a week, consistently.
- Complete 24 Classes minimum before testing for your next belt. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be promoted without having the required number of classes.)

Be able to correctly demonstrate:

- Yellow Belt Fundamentals (See your goals & objectives sheet you received with this Belt.)
- 10 count kicking drill- all 10 kicks.
- Your Forms: Dan Gun & Do San
- Three-step Sparring/1-step Sparring



Waldorf Martial Arts Testing Requirements Intermediate Level



- **Complete 32 Classes before your belt test. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)**
- **Come to 2 to 3 A/B Day classes a week consistently; make up any missed classes.**

Be able to correctly demonstrate:

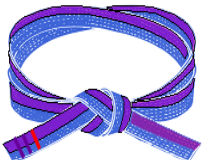
- Green Belt Fundamentals- (See your goals & objectives sheet you received with this Belt.)
- Forms: Do San and Won Yo
- 1-Step Sparring
- Light-Contact, Controlled Free Sparring
- Board Breaking- Palm Heel Break or Elbow Break at your test for Blue Belt.



- **Complete 32 Classes before your next Belt Test. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)**
- **Complete 2 to 3 A/B Day classes a week consistently; make up any missed classes.**

Be able to correctly demonstrate the following at your next test:

- Double Kicking- (See your goals & objectives sheet you received with this Belt.)
- Forms: Won Hyo and Yul Guk.
- One-step Sparring
- Light-Contact, Controlled Free Sparring
- Board Breaking- Front Kick or Side Kick at your test for Blue/Purple Belt.



- **Complete 32 Classes before your next Belt Test. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)**
- **Complete 2 to 3 A/B Day classes a week constantly; make up any missed classes.**

Be able to correctly demonstrate the following at your next test:

- Double Kicking (See your goals & objectives sheet you received with this Belt.)
- Forms: Yul Guk & Chun Goon.
- One-step Sparring
- Light-Contact, Controlled Free Sparring
- Board Breaking- Knife Hand Strike and Side Kick or Ax Kick at your test for Purple Belt.



- **Complete 32 Classes before your next Belt Test. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)**
- **Complete 3 A/B Day classes a week consistently; Make up any missed classes.**

Be able to correctly demonstrate the following at your next test:

- Jump Kicking: Jump Front Kick, Jump Round Kick, Jump Side Kick
- Forms: Chun Goon & Tei Gei
- One-step Sparring
- Light-Contact, Controlled Free Sparring
- Board Breaking- elbow strike and Skip Side Kick or Hook Kick at your test for Brown Belt



Waldorf Martial Arts Testing Requirements Advanced Level



- **Complete 32 Classes before your next Belt Test. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)**
- **Come to 3 Classes a week consistently, make up any missed classes.**

Be able to correctly demonstrate the following at your next test:

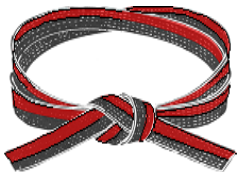
- Kicking: Jump Spin Side Kick, Spin Heel Kick, Spin Crescent Kick
- Advanced 1-steps
- Forms: Kee Cho, Chun Gee, Dan Goon, Doe Sahn, Tei Gei, Hwa Rang
- Light-Contact, Controlled Free Sparring
- Board Breaking- any 2 kicks; one with each leg, at your test for Red Belt
- Physical Requirements Push-ups & Sit-ups- 25



- **Complete 32 Classes by your Test. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)**
- **Come to 3 to 4 A/B Day classes a week consistently; make up any missed classes.**

Be able to correctly demonstrate the following at your next test:

- Kicking: Jump Spin Side Kick, Spin Heel Kick, Spin Crescent Kick, Spin Hook Kick, Flying Side Kick
- Advanced 1-steps
- Forms: Won Yo, Yul Guk, Chun Gun, Wha Rang, Chung Moo
- Light-Contact, Controlled Free Sparring
- Board Breaking- any hand/elbow strike and any 2 kicks; one with each leg. One must be a spinning kick.
- Physical Requirements Push-ups & Sit-ups- 25



- **Complete 32 Classes before your Black Belt cycle begins. Complete 48 more classes while in the Black Belt cycle. (If a student has the required number of classes, however, we deem that the student is not yet ready to test, we will hold him/her back until he/she meets our standards to test for Black Belt. Likewise, if a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)**

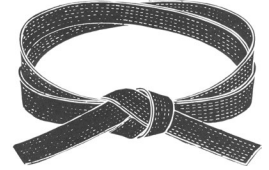
- **Attend, once a month, a Mandatory Black Belt Cycle Class on Saturday; 4 classes in total**
- **Pass a Pre-test Exam halfway through the Cycle.** Requirements: All curriculums from white belt to red/black belt.

Be able to correctly perform the following:

- Fundamental movements demonstration
- 1-steps demonstration
- Patterns Demonstration- all 10 patterns. Chun Gi to Chung Moo
- Ho Sin Sool (Self Defense) Demonstration
- Free Sparring Demonstration: 3 to 5 rounds of high-level sparring.
- Board Breaking Demonstration- Any Hand Strike. Any 2 kicks; 1 with each leg. 1 must be a spinning kick.
- Physical Requirements Demonstration: Push-ups & Sit-ups- 4 sets of 25



WALDORF MARTIAL ARTS TESTING REQUIREMENTS FOR BLACK BELT



1st Dan Belt Curriculum

Minimum Time at Rank: 2 years

Must attend a monthly mandatory Black Belt Seminar during each of the 4 months of the Black Belt Cycle.

Forms: 3 lower belt forms and Gae Beck, Po Eun, Kwang Gae.

Weapons Form-1, your choice

One-step Sparring

Ho Sin Sool

Free-Sparring

Board Breaking: Any 2 hand strikes. Any 2 kicks; one with each leg. One must be a spin, jump scissors, or jump spin.

2nd Dan Black Belt Curriculum

Minimum Time at Rank: 2 Years

Must attend a monthly mandatory Black Belt Seminar during each of the 4 months of the Black Belt Cycle.

Forms: 3 lower belt forms and Eui Am; Choong Jang; Ko Dang

Weapons Form- 2 , your choice

One-step Sparring

Ho Sin Sool

Free-Sparring

Board Breaking Any 2 hand strikes. Any 2 kicks. One must be a jump spin, flying side kick, or flying obstacle kick.

3rd Dan Black Belt Curriculum

Minimum Time at Rank: 3 Years

Must attend a monthly mandatory Black Belt Seminar during each of the 4 months of the Black Belt Cycle.

Forms: 3 lower belt forms and Sam Il; Yoo Sin; Choi Yong

Weapons Form – 3, your choice

One-step Sparring

Ho Sin Sool

Free-Sparring

Board Breaking Same as 2nd Dan

4th Dan Junior Master Black Belt Curriculum

Minimum Time at Rank: 4 Years

Must attend a monthly mandatory Black Belt Seminar during each of the 4 months of the Black Belt Cycle.

Forms: 3 lower belt forms and Yon Gae, Ul Ji, Moon Moo

Weapons Form Same as 3rd Dan.

One-step Sparring

Ho Sin Sool

Free-Sparring

Board Breaking Same as 2nd Dan.

5th Dan Master Black Belt Curriculum

Minimum Time at Rank: 5 years

Must attend a monthly mandatory Black Belt Seminar during each of the 4 months of the Black Belt Cycle.

Forms: 3 lower belt forms and So San, Se Jong, Tong Il

Weapons Form Same as 3rd Dan.

One-step Sparring

Ho Sin Sool

Free-Sparring

Board Breaking Same as 2nd Dan.

6th Dan Master Black Belt

Minimum Time at Rank: 6 Years
Demonstration is optional.

7th Dan Senior Master Black Belt

Minimum Time at Rank: 7 Years
Demonstration is optional.

8th Dan Senior Master Black Belt

Minimum Time at Rank: 8 Years
Demonstration is optional.

9th Dan Grand Master Black Belt