

What is Rank Testing?

TKDFit's Rank Advancement Testing is a test like any other a student may take.

Just like in the academic school they attend, all of the requirements to successfully pass the test are covered by the instructors in class. It is possible for a student to demonstrate proficiency in their required information in class and still get a 'No Change' at testing because like the academic school tests they take, taekwondo rank testing is a stand-alone Pass/No pass event.

The requirements for passing a rank test are primarily objective. However, some elements of the test carry with them a level of subjectivity and the judges must determine to what extent they apply to each student's test.

The test sections: [a 'No Change' score in any section results in a 'No Change' for testing.]

Form [also called Pattern]:

Every rank has a form that must be memorized. Each form contains a specific number of movements that must be performed in the correct sequence, in the correct direction, and with the correct side of the body. If any of these things are done incorrectly the student is given a 'No Change' score for this portion of their test.

Sparring:

All ranks have a sparring requirement in their test.

White and Yellow belt students are required to demonstrate One-Step sparring techniques. One-steps are choreographed combat simulations done without contact.

Orange and Senior Orange belts are required to demonstrate Sparring Combinations. Sparring combinations are choreographed light contact sparring moves practiced while wearing Taekwondo America's approved sparring gear.

Intermediate and advanced students are required to free-spar at least two one-minute rounds. In order to pass the sparring portion of their test, these students must demonstrate an adequate variety of taekwondo techniques befitting their rank. An intermediate level student only using basic front-kick, side-kick, and round-kick combinations will probably pass the sparring portion of the test. An advanced rank student only showing basic kicks would be less likely to receive a passing score in this section.

Board breaking:

Advanced students are required to demonstrate the ability to generate power and penetration using taekwondo techniques. This is done using 1" X 12" white pine boards in widths from 3" to 11". The width of the board is determined by the student's rank and age. Because of size, bone structure and development a 3" board is as hard for a five year old to break as an eleven inch board is for an adult. Red and Black belt adult men [over 14 years old] will place two 1" X 12" X 11" boards together forming a 2" X 12" X 11" breaking requirement.

Putting it all together:

An important part of becoming a martial artist is developing the ability to think and react under the pressure of combat. Testing is not just the completion of a short-term goal it is also a very integral part of the training. All students will naturally have an elevation in anxiety and adrenaline while performing the required battles in front of the black belt judges and spectators. Minor mistakes and lapses in focus are not an immediate failure of a test but a learning step in the long-term goal. In order to make use of this tool when it is available while still maintaining the integrity of the test, each student is given three chances to successfully complete each objective portion of their test. To further develop their ability to quickly adjust under these pressures black belt students are only given two attempts at completing their form.

Rank Classifications:

White, Yellow, Orange – Beginner

Green, Blue – Intermediate

Brown, Red, Black – Advanced