

EASTERN DEFENSIVE ARTS ACADEMY

BLACK BELT TESTING

FALL 2009



Candidates Name:



Eastern Defensive Arts Academy 238-9 S West End Blvd. Quakertown, PA 18951

THE BLACK BELT TEST

The EDA Black Belt Promotion Test is held twice a year at Eastern Defensive Arts Academy.

Beginning April 2009, some changes in class and time requirements as well as thesis subject will be realized based on the USA Taekwondo Martial Arts Commission guidelines. This will not effect current black belts and their next rank advancement.

The EDA Black Belt Test is based on the requirements set forth by the U.S. Army Physical Fitness Test (APFT), President's Council on Fitness, and the USA Taekwondo's Martial Arts Commission.

QUALIFICATIONS

Advanced Red to 1st Degree Black Belt:	50 Classes		
1st Degree to 2nd Degree Black Belt:	200 Classes	18 Months at rank.	
2nd Degree to 3rd Degree Black Belt:	250 Classes	30 Months at rank.	13 years old & up
3rd Degree to 4th Degree Black Belt:	300 Classes	36 Months at rank.	18 years old & up
4th Degree to 5th Degree Black Belt:	350 Classes	48 Months at rank.	22 years old & up

THE MAIN CATEGORIES OF TESTING ARE:

- Physical Conditioning.
Timed run - 1 or 2 miles. Sit-ups. Push-ups.
- Kicking Technique
Static, In air.
On target (heavy bag). Ten (10) kicks each leg.
- Poomse (Forms)
Taegeuk 1 - 8
Required Black Belt Form
Makdae (staff) form
- Sparring
One vs. one using WTF rules
Two vs. one sparring.
Padded Staff Sparring.
- Kyukpa (breaking) *see below*
Four (4) electives.
Breaks must demonstrate skill exceeding regular color belt breaking requirements.
You will have three (3) attempts to break a board.
If a board does not break, The score for that individual break will be zero (0).
- Essay - 3 pages, single side, double spaced is OK. If printed, font is 10 font - 12pt.
1st dan: "My Life and Taekwondo" (How martial arts effects my life).
2nd dan: "Definition of Black Belt and it's Responsibilities"
3rd dan: "Responsibilities of a Black Belt Teacher"

5 pages, single side, double spaced.
4th dan: "What is a Master".
5th dan: "Martial Arts as part of a Holistic Life Practice"

BREAKING INFORMATION

The breaks selected must demonstrate strength, accuracy, speed, balance, willpower and concentration. Candidates must strive to use the most impressive and challenging techniques that they can **successfully** execute. Remember, if the board does not break, the score is zero.

- The candidate is permitted a maximum of three (3) attempts at each break.
- Breaking material will be provided by Eastern Defensive Arts Academy. The candidate may not use their own material at the test.
- Two or more breaks at one station is considered 1 break.

TEST SCORES

Student must have a total overall averaged score of 75% or higher to pass the Black Belt promotion test. Student must also have a score above 61% in any of the above individual categories to pass.

If applicant receives a score below 60% in any individual category, or an overall averaged score below 75%, students will not pass and must retest at a later date.

RETESTING

The black belt test is extremely challenging and vigorous. It is not uncommon to see candidates require re-testing. Do not be alarmed! These members typically become some of the most highly regarded and respected black belts in the school.

Overall Score under 75%: The student must wait until the next black belt test to retest.

Two or more individual categories under 60%: The student must wait until the next black belt test to retest.

One Individual Category under 60%: The student may retest on that individual category anytime after 30 days of the test. The student is allowed a total of three separate retests (on separate days). If after those three retests the student does not pass, they are required to take the complete test again at any future black belt testing.

Tardy or Missed Test: If the student is late for the belt testing, or misses the belt testing due to any reason, they must wait until the next scheduled black belt test to promote.

EXEMPTIONS - DOCTOR'S NOTE

Sometimes students have a challenge with the physical test due to asthma, arthritis, cardiac, or other medical condition. Simply submit a note stating the nature of any medical condition from your medical doctor and consideration will be given to any areas of your test that is affected.

Consideration will only be given when a **licensed medical doctor's** note is presented.

TESTING AND PROMOTION FEES

There is a fee for all Black Belt Tests. This covers the expense of certification, new uniforms, embroidered belts, awards and all breaking material.

- Testing for 1st degree = \$250
- Testing for 2nd degree = \$260
- Testing for 3rd degree = \$270
- Testing for 4th degree = \$280
- Testing for 5th degree = \$300

There are no refunds. If the student does not pass the test, or cannot complete the test, the retest is given at no charge. If a student cannot attend the boot camp, PT test, technical test, or graduation, they must wait until the next scheduled black belt test. If a student has paid but must retest in the Fall, there will be no charge for the retest.

BLACK BELT BOOT CAMP

For several Saturdays before the PT and Technical tests, EDA holds Black Belt Boot Camps to aide the student in getting in a peak physical and technical state.

These boot camps are vigorous, and students should bring their own fluids to drink.

Students are permitted to miss 2 boot camps. If a student misses more than 2, they must wait until the next scheduled black belt test.

The PT portion of the test is held the Saturday before the technical test.

It is highly recommended that students **attend as many classes during the week as possible.** Not only their curriculum classes, but the mixed level classes. For adults, Friday evening stamina class is recommended. Unlike other belt promotions, people do fail the black belt test.

SCHEDULE

September 19:	Boot Camp 12:30 - 2:00 or 2:30 pm
September 26:	Boot Camp 12:30 - 2:00 or 2:30 pm
October 3:	Boot Camp 12:30 - 2:00 or 2:30 pm
October 10:	Boot Camp 12:30 - 2:00 or 2:30 pm
October 17:	Boot Camp 12:30 - 2:00 or 2:30 pm
October 24:	PT Test at 12:30 pm (either at the Freshman Center or Quakertown High School)
October 31:	Black Belt Test 10 am - ? (typically 4 - 5 hours)
November 7:	Graduation Demonstrations and Presentations 11 am

OTHER PRACTICE TIMES

There is open training available every **Tuesday and Thursday from 8:00 - 8:30 pm**.
Feel free to come out to practice breaking, forms, or anything else you would like.

All boards and material required for your personal practice must be provided by you.

Boards may be ordered from Asian World of Martial Arts in Philadelphia.

Kids: http://www.awma.com/index.cfm/action/productdetail/product_id/10183.htm (takes 2 - 3 days)

Adult: http://www.awma.com/index.cfm/action/productdetail/product_id/10182.htm (takes 2 - 3 days)

Or: <http://www.plymouthpine.com>

BREAKING

- Boards for adults (age 13 and higher) are 1 inch (3/4") white pine. 12" wide by 10" high.
- Boards for juniors are 1/2 inch thick. Otherwise the same dimensions as the adult boards.
- No spacers permitted on boards.
- All breaks must exhibit a higher level of difficulty than what lower belts perform.

Use good judgment in selecting your breaks. If the board does not break, the score will be "zero".

Talk to the other black belts or Master Mike for guidance.

GRADUATION

For the students that successfully pass the test, they move on to the graduation!

Students are **required** to perform a short demonstration before receiving their new uniforms and/or belt.

These demonstrations should be short. Try to keep it under 3 minutes.

If needed, graduates must arrange for their own board holders or partners before the graduation.

No one should be searching at the last minute for someone to hold their boards.

Typical routines in the past have been breaking, forms, musical forms, weapons demo, or a combination of two things like a form and breaking. Ask other Black Belts for advice.

All materials used for breaking at graduation must be acquired by the student.

GOOD LUCK TO ALL CANDIDATES!

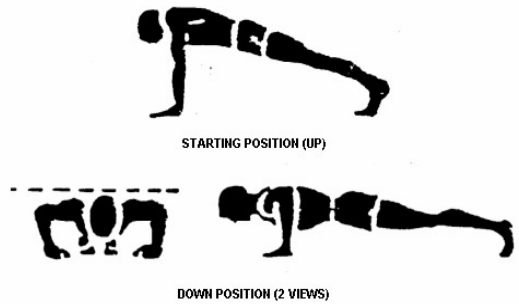
MASTER MICHAEL D. SNISKY

PT REQUIREMENTS

Push-Ups.

You will have 2 minutes to execute your push-ups. You may stop and rest as needed during that 2 minute period. One complete push-up requires the arms to be bent to at least a 90 degree angle.

1. Assume a prone position on the floor. Keep your feet together.
2. Place your hands under your shoulders with your palms on the ground. Curl your toes upward (towards your head) so that the balls of your feet touch the ground.
3. Raise yourself using your arms. At this point, your weight should be supported by your hands and the balls of your feet. This position is called "plank," which is used for other various exercises. This is the beginning and the end position of a single push-up.
4. Lower your torso to the ground until your elbows form a 90 degree angle. Keep your head facing forward. Try to have the tip of your nose pointed directly to the front as you're going down.



Sit-Ups.

You will have 2 minutes to execute your sit ups. As with the push-ups, they do not have to be done all at once. The testing sit-ups are different than the regular sit-ups done in training. The straight leg sit-ups are designed to test various muscle groups such as the lower abs and the muscles that flex the legs and hips (hip flexors). It is not recommended that you practice the straight leg sit-ups on a regular basis.

1. Laying flat on your back on the floor. Keep your legs straight, feet together.
2. Place your fingertips on your temples or ears. The fingers of both hands must stay on the head. It is required that someone support your feet or ankles.
3. Bring your body to an upright position. 90 degrees relative to the floor. **DO NOT** exceed a 90 degree bend. Back must be kept completely straight during the motion.
4. Lower your torso to the ground.

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P-T TESTING REQUIREMENTS

Age	Event	60 points male/female	70 points male/female	80 points male/female	90 points male/female	100 points male/female
9-10	-push-ups	36/15	46/23	56/30	65/38	75/45
	sit-ups	42	51	59	68	76
	1 mile run	9:30/10:45	8:30/10:00	7:45/9:40	7:20/8:45	7:00/7:45
11-16	- push-ups	40/17	49/24	58/32	66/39	74/46
	Sit-ups	50	58	65	73	80
	1 mile run	8:45/10:00	8:00/9:30	7:30/8:40	6:45/8:30	6:30/7:30
17-21	- push-ups	42/19	49/25	57/31	64/36	71/42
	sit-ups	53	59	66	72	78
	2-mile run	15:54/18:54	15:12/18:06	14:24/17:12	13:42/16:24	13:00/15:36
22-26	- push-ups	40/17	49/24	58/32	66/39	74/46
	sit-ups	50	58	65	73	80
	2-mile run	16:36/19:36	15:42/18:36	14:48/17:36	13:54/16:36	13:00/15:36
27-31	- push-ups	39/17	49/25	58/34	68/42	77/50
	sit-ups	45	54	64	73	82
	2-mile run	17:00/20:30	16:01/19:18	15:06/18:12	14:12/17:00	13:18/15:48
32-36	- push-ups	36/15	46/23	56/30	65/38	75/45
	sit-ups	42	51	59	68	76
	2-mile run	17:42/21:42	16:36/20:18	15:30/18:48	14:24/17:24	13:18/15:54
37-41	- push-ups	34/13	44/20	54/27	63/33	73/40
	sit-ups	38	48	57	67	70
	2-mile run	18:18/22:42	17:06/21:18	15:54/19:54	14:48/18:24	13:36/17:00
42-46	- push-ups	30/12	39/18	48/25	57/31	66/37
	sit-ups	32	42	52	62	70
	2-mile run	18:42/23:42	17:36/22:12	16:24/20:36	15:18/19:00	14:06/17:24
47-51	- push-ups	25/10	34/16	42/22	51/28	59/34
	sit-ups	30	39	48	57	66
	2-mile run	19:30/24:00	18:12/22:24	16:54/20:48	15:42/19:12	14:24/17:36
52-56	- push-ups	20/9	29/15	38/20	47/26	56/31
	sit-ups	28	38	47	57	66
	2-mile run	19:48/24:24	18:30/23:06	17:18/21:42	16:00/20:24	14:42/19:00
57-61	- push-ups	18/8	27/13	36/18	44/23	53/28
	sit-ups	27	36	46	55	64
	2-mile run	19:54/24:48	18:48/23:30	17:36/22:18	16:30/21:00	15:18/19:42
62+	- push-ups	16/7	25/12	33/16	42/32	50/25
	sit-ups	26	35	45	54	63
	2-mile run	20:00/25:00	18:54/23:48	17:54/22:30	16:48/21:18	15:42/20:00

Black Belt Testing Application Fall 2009

Due with payment by October 3, 2009

Name: _____
(as you want it printed on your Black Belt)

Name: _____
(as you want it printed on your Certificate)

Address: _____

Date of Birth: _____ **Belt Size:** _____ **Uniform:** _____

Phone Number: _____ **E-Mail Address:** _____

By signing below, I hereby acknowledge that all the minimum time and black belt class attendance requirements for promotion have been met.

Fee:	Adv red to 1st dan/poom-	\$250.00
	1st to 2nd dan/poom -	\$260.00
	2nd to 3rd dan/poom -	\$270.00
	3rd to 4th dan -	\$280.00
	4th to 5th dan -	\$300.00

- **No refunds. If member does not pass test, retest is free.**
- **Fee includes all materials for testing, new uniform for 1st dans, embroidered belts for all, brass or silver WTF plates for higher ranks and a Black Belt certificate issued by USA Taekwondo - US Olympic Center. It does not include material you may use in the graduation.**

Student's signature

Parent or Guardian if student under 18