



Attach:  
Strength & Flexibility  
Directions

# BLACK BELT TEST PRE-TEST CHECKLIST

## BEFORE TEST

### Paperwork

#### A. *Black Belt Test Applications*

1. Must submit a completed and signed application for each test, including retests.
2. If under 18yr. Parents must sign BBT application.
3. Black Belt Testing Fee must be paid in full at the time you complete your BBT Application. Testing fee is per black belt degree, regardless of how many retests a candidate may need.

### Training

#### A. *General*

1. Prior to becoming a Pre-Test Candidate for BBT preparation (a Low Brown Belt or High Brown Belt) you should be training at least 6-8 hours per week in expectance of an upcoming test.

#### B. *6 Weeks prior to test date*

1. A minimum of 8 hours per week is mandatory for this 6-week period
2. If for any reason you cannot meet these requirements at the time you are asked to begin pre-testing, you will be asked to wait until the next available testing date when you can.
3. These hours cannot be negotiated or compromised. It is extremely important that both the testing candidate and the instructor have the maximum amount of time to properly prepare for this important goal.

### Nutrition and Health

1. You can speak with instructor regarding your diet and nutritional needs during preparation for your test.

### Protective Gear

#### A. *Kickboxing (Sparring) - Must be TSMMA approved sparring equipment*

1. Headgear and Mouthpiece
2. Gloves – Boxing Gloves (*Adults*), MMA Chops (*Kids*)
3. Shin guards
4. Boots
5. Groin Cup
6. Chest Protector (mandatory for all young ladies 17 years & under)

#### B. *Grappling - Must be TSMMA approved grappling equipment*

1. Ear guards
2. Mouthpiece

### Speech

- A. You are required to perform a speech at your school in front of your classmates, reflecting your training experience from day one to date.

# TEST DAY

## Nutrition and Health

- A. Get a good night's sleep
- B. Eat a good, well-balanced breakfast
- C. Drink plenty of water
- D. Bring water or sports drink

## Grading of your Test

### A. *First Degree*

1. Strength & Flexibility – Candidates must perform the minimum push-ups, sit-ups and splits according to their group each time they come to the test. See enclosed sheet: *Minimum Strength, Flexibility and Endurance*.
2. Basic Techniques - Candidates must perform the following kicking and punching techniques in order to demonstrate their skill.

#### 1) Mitt Training

- 1
- 1, 1
- 1, 1, 2
- 1, 2, 3
- 1, 2, 3, 2
- 2, 3, 2

#### 3) Muay Thai Pad Training

- 1, R1, K2
- 1, 2, R2, K1
- Push, 2, R2
- Push, 2, 3, R1

#### 2) Shield Training

- K2
- K1
- Push
- F2
- F1
- R2
- R1

3. Close-range Defense – Candidates must demonstrate their skill by releasing themselves from the following types of holds or grabs using any defense.
  - a. Wrist Grab
  - b. Two-Hand Choke from front
  - c. Shirt Grab
  - d. Two Hand Choke from behind
  - e. One Arm Choke from Behind
  - f. One Hand Choke from front
  - g. Full Nelson
  - h. Head Lock
  - i. Lower Body Charge
4. Kickboxing – Candidates must demonstrate the following skills; Defense, Offense, Heart and Conditioning, through 10 consecutive minutes of kickboxing (sparring).
  - You will only be eligible to take this final part of test (kickboxing & grappling) if you have passed all of the 3 previous parts.
  - If a candidate does not protect themselves at all times, and have enough stamina to deliver offensive techniques each round, they will be given one warning, and the second time the refereeing instructor will stop your test for your own safety.
  - Completing the required rounds does not mean you automatically pass. You will be notified after **everyone** in your testing ring has finished, as to whether you passed this part of the test and will earn your black belt.
5. Grappling - Candidates must demonstrate the following skills: Technique, Heart and Conditioning.

1<sup>st</sup> Degree – (2) four-minute rounds

**B. Second Degree and Above**

1. Strength & Flexibility – Candidates must perform the minimum push-ups, sit-ups and splits according to their group, each time they come to the test. See enclosed sheet: *Minimum Strength, Flexibility and Endurance*.

2. Kickboxing - Candidates must demonstrate the following skills: Defense, Offense, Heart and Conditioning.

2<sup>nd</sup> Degree – (3) two-minute rounds

3<sup>rd</sup> Degree – (5) two-minute rounds

3. Submission Grappling – Candidates must demonstrate the following skills: Technique, Heart and Conditioning.

2<sup>nd</sup> Degree – (2) six-minute rounds

3<sup>rd</sup> Degree – (3) six-minute rounds

## **Appearance**

**A. 1<sup>st</sup> Degree**

A. For Strength, Basic Techniques, CRD: *TSMMA Uniform T-shirt + Gi Pants + Belt*

B. For Kickboxing: *TSMMA Uniform T-shirt or Saberskin Top+ Gi Pants + Belt*

C. For Grappling: *TSMMA Saberskin Top + Gi Pants + Belt*

D. For Belt Ceremony: *Full Gi + Belt*

**B. 2nd Degree & Above**

A. For Kickboxing: *TSMMA Uniform T-shirt or Saberskin Top + Gi Pants + Belt*

B. For Grappling: *TSK Saberskin Top + Gi Pants + Belt*

C. For Belt Ceremony: *Full Gi + Belt*

**C. General**

1. *Gi pants hemmed ½ - 1” above floor length*

2. *Number securely sewn on front of left pant leg, above knee*

3. *Uniform cleaned and wrinkle free*

4. *Uniform sleeves hemmed 1-2” below elbow (for Gi Top)*

5. *Uniform patches sewn on straight and in correct position (for Gi Top)*

6. *Name on uniform written in dark lettering or embroidered (for Gi Top)*

7. *Belt tied correctly, stripes on right hand side*

## **Expectations**

A. *This is a comprehensive and difficult test.*

B. Most participants will not pass the test on their first try. *Don't be discouraged, we expect you to maintain a positive attitude and demonstrate a non-quitting spirit by coming back to the next test.*

C. *Do your best and you will at the very least learn from the experience and be better prepared for next time.*

D. *If you pass one or more parts, you only need to take remaining parts on your next test, except for the Strength & Flexibility section, which must be passed each time you attend.*

## **Directions**

A. Enclosed is a copy of the directions to your Black Belt Test! You must be present for attendance, no later than 9:30am. Allow plenty of time to do so. You can also obtain directions from [tsk.com](http://tsk.com) as well.