



What you need to know about Tip Tests, Promotion and Belt Graduations

Shire Martial Arts students start on white belt, then progress through nine ranks, levels or 'gup's'. The belts used at Shire Martial Arts symbolise a student's gup. Each gup or belt brings a student closer to being a Shire Martial Arts black belt.

The first coloured belt is 9th gup basic yellow/white belt through to 1st gup advanced red/black belt. See the 'Your Path to Black Belt' diagram below.

To progress to the next belt, each student must pass 3-4 x 'Tip Tests'. When each Tip Test is passed the student then receives a coloured 'Skill Tip'. Once all of the skill tips for each gup or belt are earned, the student must then obtain a 'gup promotion' form and fill it out before returning it **before** Belt Graduation day. Junior students must also have their parents and teachers fill out the relevant sections as well.

The next step is to attend the belt graduation ceremony where student's receive their new belt. At the belt graduation ceremony each graduating student must do a short martial arts demonstration. Most students elect to do a board break at belt graduation. **The belt graduation ceremony is compulsory for junior students** and optional for Adults.

As well as this, a demonstration could be a display of either kicking, basic movement drill, free sparring, self defence, one step sparring or Poomsei, in fact anything to do with martial arts! Each student may nominate what they would like to do. If unsure ask an instructor for suggestions.

White Belt Tip Tests

White belt students are Tip Tested individually to ensure that they are developing the basic foundations of Taekwondo. **Each white belt Tip Test must be booked at reception after they have accumulated a minimum of 6 black 'Attendance Tips'.**

To find out EXACTLY what white belt's need to know to pass a Tip Test please click on, down load and print the 'White Belt Tip Test' file in the WELCOME TO NEW TEEN/ADULT section of the SMA web site.

Colour Belt Tip Tests

Colour belt Tip Tests are done in a group format during 'Tip Test week' in class once a month.

Please bear in mind that if a student does not know **everything** in their syllabus they will then have to re-attempt their Tip Test at a later date. Therefore, in order to not waste their time or the school's, it is imperative that everything in the Tip Test has been practised and studied to a sufficient level beforehand.

Remember, Shire Martial Arts instructors are happy and willing to help guide a student who may have some doubts, questions or concerns about an upcoming Tip Test - there is no such thing as a 'silly question'.

Only one tip per student is given out per day regardless if it is a black Attendance Tip or a coloured Skill Tip. After passing a tip test, and gaining a skill stripe student's then continue working toward the next tip test with no other Attendance Tips on their belt. After a tip test **no 'extra' tips get 'credited' toward the next tip test.**

Also when all skill tips for a belt are earned, subsequent **attendance tips received before the student's actual belt graduation ceremony do NOT accumulate or carry over onto the next belt.**

Please remember that each skill tip represents a competency in learning. However, **continual practice and being present in class on a regular basis** is the key to achieving and maintaining this.

Therefore, it is critical that **each student and their parents** analyse, question and study their tests **WELL BEFORE THE ACTUAL TIP TEST**. If you are unsure of anything ask about it **before** your tip test.



The purpose of training at SMA is NOT about tip accumulation, it is about the **PRACTICE of martial arts**. It will be very helpful if parents can understand this concept and then reinforce it to their kids.

This is especially important if a student just misses out on accumulating enough attendance or skill tips before a belt graduation or if they are absent during tip test week and then have to wait a further four weeks for the next tip test or the next belt graduation ceremony.

If this occurs, the student should be working out and practicing the *demonstration* that they will do for their belt graduation ceremony rather than focusing on or counting tips. This mindset is so critical in becoming proficient at martial arts.

Generally, belt graduation to the next coloured belt occurs every three to four months for each student. If unsure check the syllabus of your next belt. If still unsure check with an instructor.

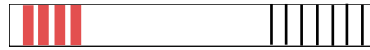


How to get a new belt

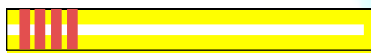
- 1) Accumulate six (6) black attendance tips
- 2) Book your Tip Test (white belts only) Colour belts must attend 'Tip Test Week' [see calendar on the SMA website here](#) to find out exactly when they are on.
- 3) Attend and pass your Tip Test to receive skill tip.
- 4) Repeat above steps until all of the skill tips for your belt have been earned
- 5) Obtain and complete all relevant sections of the 'Gup Promotion Application Form' and then return it to the administration desk
- 6) Attend Belt Graduation Ceremony



The belts of Shire Martial Arts (Your path to Black Belt)



1 x black attendance stripe for each class 6 x black stripes = 1 x Tip Test
2-4 x Skill Tips for first belt promotion to Yellow/white belt



9th Gup - Yellow/white belt



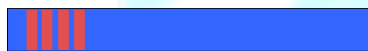
8th Gup - Yellow belt



7th Gup - Yellow/black belt



6th Gup - Blue/white belt



5th Gup - Blue belt



4th Gup - Blue/black belt



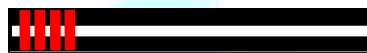
3rd Gup - Red/white belt



2nd Gup - Red belt



1st Gup - Red/black belt



'Cho dan bo' - Probationary Black belt



Shire Martial Arts (SMA) Black belt

Student who pass all of the Tip Tests on 'Cho dan bo' then move to the SMA Black belt until they can pass the Kukkiwon (Taekwondo world headquarters) 'International Black Belt Test'



SMA

YOUR NAME

1st Dan (15 yrs & over) 1st Poom (under 15yrs)



Belt Promotion Policy

Shire Martial Arts is a black belt *SCHOOL* – Everyone is training towards earning their black belt. This is the purpose of our classes and programs.

How do you get a black belt? The only people who can award the rank of Black belt are 4th Dan and higher registered and qualified Taekwondo Instructors.

Instructors promote students according to a ratio of 4 basic things, including:

- [Knowledge of technique](#) - This is obviously how well you know and can do the moves. Your skill competencies are assessed at each Tip Test.
- [Attitude to training and willingness to learn](#) – This is YOUR level of seriousness and commitment to be the best you can be during the short time you are dressed in your uniform and training in a class.
- [Class attendance](#) – Pilots must have air time before they get their licence so must martial arts students before they get their black belt. Class attendance is also critical in ensuring that each student develops the necessary 'muscle memory' that make each martial arts move a 'reflex action'.
- [Length of time for being in each rank](#) - A student must be on each 'gup' or belt for a certain minimum amount of time before they are eligible to be promoted up to the next one. This applies to colour belts and black belts alike.

Also, gup holders **must have regular attendance** before they can be promoted. Students who have missed a lot of classes will have to pass all of their tip tests as well as undergo some other extra testing before they will be considered for promotion.

The reason there are four criteria is because each individual has different strengths and weaknesses. For example, if one student is gifted athletically and only gives 50% effort during class or does not pay attention, it tends to make instructors feel that the student's 'attitude to training' needs more work. Then, if another student has poor coordination skills and struggles with doing or remembering the 'moves', yet is trying as best they can, instructors may feel in some cases that this determination to succeed makes a student ready for promotion.

Now this is an important point. Each belt (gup) is merely a level of competency. Your next belt is not a race or a reward and not receiving a skill tip at a Tip Test is not a 'punishment'. [Martial arts training is about the PRACTICE of martial arts](#). Parents of junior students are encouraged to reinforce this point to them.

We have to earn our stripes no matter if we are colour belts or black belts. Otherwise what's the point in coming to class? If you don't earn your stripes you may as well stay at home in front of the TV and buy a black belt from the shop for around ten dollars.

Like anything in life if we concentrate and practice on something regularly, a level of achievement comes quickly. If you are busy doing other things such as being in a band, in nippers, playing soccer, working, dancing or whatever, you are achieving great goals and a level of achievement in *those* fields - which is good. None of us are super human, so it is only possible to achieve so much over a period of time.



Belt Promotion Policy

If you are busy doing other things and not available to come to class, obviously it is going to take longer to reach the level of achievement that you are capable of reaching.

If something comes up in your life and a low attendance causes your Tip Tests to slow down, don't be dismayed and give up your practice. Use slow times as an opportunity to consolidate your knowledge as well as to build a strong foundation so you are able to move forward in the syllabus and ranks confidently.

As instructors, we are here to help you be the very best martial artist and person you can be. The higher we all go in our belts the harder it is going to be for our next belt promotion. That is the martial arts challenge - for everybody.

Most students will agree that IF they are not ready for a Tip Test or belt promotion then, it is better to wait until next time when it will be far less nerve wracking, more natural and easier. Just think what you would prefer – would you like to wear the next tip or belt because the instructors felt sorry for you. Or, would you like to wear it in the knowledge that you EARNT it fair and square.

If you:

- Do not have enough class attendance at the moment.
- Did not attend class during Tip Test week
- Just missed out on the last belt graduation and you must wait three more weeks for the next one
- Need to work on some technique or terminology.
- Just need an attitude adjustment.

Then do yourself a favour by keep training and just doing what you have to do - and then your next Tip Test or belt promotion will be *easy*.

Don't worry about anybody else's journey or progress in martial arts because [your journey](#) is the only one that matters.

Finally, your [instructors can only guide you](#) and help you to the best of their ability, however the [concentration, determination and effort to succeed](#) must come from [you](#).

This is your responsibility.



How to tie a Taekwondo belt (*dee*)

1) First hold the flat part of the belt against your belly button so the LEFT side is the short side about 30 cm long for kids and around 45 cm for adults. The longer side is on the right...



2) ...Now neatly wrap the long side clockwise round the body 2 times. Stop when the 2nd wrap reaches your belly button and keep holding onto the end...



3) ...From here, push this end under the lower part of the coiled belt at your belly button and bring it back up and out over the top part, so it is wedged against your belly area and the coil. At this point, the short left end of the belt is pointing down and the long coiled right side should be pointing up...



4) ...Grab the left end with your left hand. Then, grab the right end with your right hand and cross it over the top of the left end. You'll see that this causes a loop. Bend the right end so it goes down around the left end and then pull it back up through the loop...



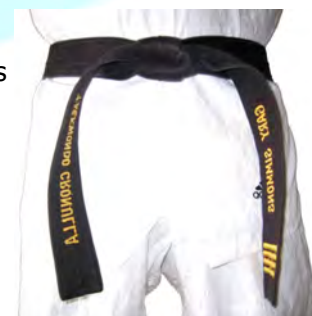
5) ...When it comes through the loop, grab this bent over right end with your left hand - and the original short left end with your right hand...



6) ...and pull tight so the knot closes in a similar fashion to a 'reef knot'...



7) ...When the belt is tied, ensure both ends are of the same length and that the belt is nice and even on your back so none of the other coils are visible.



BADGE

- ◆ The blue dolphin Shire Martial Arts badge goes on the LEFT hand side of the chest.
- ◆ The Blue or Red 'team' star goes on the RIGHT sleeve.