



# Yellow/Black belt Colour Change Test (CCT)

This Colour Change Test is for ALL students who have a Yellow/black belt (7th gup).

The next belt (Blue/white 6th gup), is part of our intermediate Blue belt program. It is therefore imperative that students who are move up from the basic Yellow belt program are can:

1. Remember the techniques and moves of the Yellow belt program
2. Have a good grasp on the execution of these techniques

This is important because to move forward from Yellow/black belt, the student needs these techniques as their foundation for their journey towards black belt.

Teen and Adult Yellow/black belt students need to ensure they know the techniques of the CCT when they have a minimum of Two (2) Red skill stripes. Junior BBC students should start practicing these moves when they have One (1) Red skill stripe.

## How to pass the test CCT:

- Download and print the test section below and practice all of the techniques.
- Check with an instructor to see if you know EVERYTHING to an acceptable level.
- If not: a) Go to the SMA website 'Colour belt' section and go to the 'Yellow Belt' page and use the resources to help you practice what you need to know. B) Arrange a time with an instructor to get some help.
- Work out with an instructor when you will do the CCT and bring this page to the test.
- Pass ALL of the techniques listed on this page.

The criteria for passing the BBC is as follows:

- 1) Knowledge of technique
- 2) Execution of technique
- 3) Confidence

## Please note:

- \* You cannot 'FAIL' this test.
- \* Students who don't know the techniques will get all the help they need. However, they do need to take responsibility for themselves and practice.
- \* Yellow/black belts who cannot pass the CCT in time for their Blue/white Belt Graduation will be loaned a temporary 'brown belt' until they can pass. Once they do pass, they will then be presented with their Blue/white belt in class.
- \* **This is not a 'punishment or a penalty, it is just means to set up the new Blue/white belt for success.**
- \* Students who miss Belt Graduation will not be able to do a board break.

If you have any questions about the CCT you can [contact Shire Martial Arts with this link.](#)

# Colour Change Test

Name: .....

For: YELLOW/Black Belts

Uniform & Belt	Result	Signed	Date
<b>Belt tying</b> Correct knot, an even coil at back, ends are of the same length			
Basic Movements			
<b>Basic Movement Drill 1-4</b> (With FULL 'pull push', breath control & Gihap)			
Poomsae			
<b>Taeguk E Jang:</b> Correct stances			
One Step Sparring			
<b>Start &amp; Finish procedure</b>			
<b>Move 1:</b> <b>Move 2:</b> <b>Move 3:</b>			

