



NWIMAA Intent to Test Form

Advanced—Advanced Cho Dan Bo



Hyungs	Il Soo Sik/Ho Sin Sul	Basics	Bully Expert
<input type="checkbox"/> Sae Kye Hyung Forms <input type="checkbox"/> Pyang Ahn Forms <input type="checkbox"/> Bassai <input type="checkbox"/> Nianchi Cho Dan <input type="checkbox"/> Bong Hyung Il Bu <input type="checkbox"/> Bong Hyung E Bu	<input type="checkbox"/> 1-20 Hand (2 minutes) <input type="checkbox"/> 1-20 Feet (2 minutes) <input type="checkbox"/> 1-20 Self Defense (2:30 minutes)	<input type="checkbox"/> All Hand Techniques <input type="checkbox"/> Back & Roll Fall <input type="checkbox"/> Basic kicks: Front, Side, Round, Spin Back, Spin Heel, Axe, Crescent, Drop Spin Heel, Diagonal Kick <input type="checkbox"/> Jump Front, Jump Round, Jump Side, Jump Spin Back, Jump Spin Crescent	<input type="checkbox"/> Word Blocks <input type="checkbox"/> Anger Guard <input type="checkbox"/> Look and Sound
Fitness	<input type="checkbox"/> 3 minutes Jump Rope (140 bpm)	<input type="checkbox"/> 3 minutes plank	<input type="checkbox"/> 35 push ups <input type="checkbox"/> 80 sit-ups

- ☐ 72 Classes Complete
- ☐ 11 Black Belt Prep Classes
- ☐ 45 Home Practice Sessions
- ☐ No Trim Uniform Top
- ☐ Pants

Size:

Student Signature

Guardian Signature

Intent to Test Form

Instructions

Rank	Belt	Minimum Time Requirement (since Yellow Belt)
Advanced Cho Dan Bo	Half Blue/Half Black	30 Months Total & 4 months as a Cho Dan Bo

Testing Fee: **\$0**

No Hassle Uniform Top: **\$40** (No Trim)

New white pants: **\$20**

This form outlines all of the material that you must know for your test. You must meet the following requirements:

1. You must complete 72 classes since earning your Cho Dan Bo
2. 11 of those 72 classes must be Black Belt Prep classes
3. You need 30 months of training since earning your full Yellow Belt and 4 months as a Cho Dan Bo
4. You must complete 45 practice sessions at home (these should be roughly 15 minutes each)
5. You must be able to show proficiency of all the material listed on this form.
6. Students and Guardians (for students under 18) must sign the form indicating completion of the requirements
7. Evaluations forms are due NO LATER than ONE WEEK before testing day. Evaluation forms submitted after the deadline will be considered for the next testing rotation

The Evaluation and Testing Process:

1. Submit completed Intent to Test Form
2. A NWIMAA instructor will either evaluate your skill proficiency during class, immediately before, or immediately after class.
3. Proficiency is defined as a knowledge of material. If you must ask for help during your evaluation, you don't know your material. There might not be time to complete more than one evaluation before the test. Be prepared for evaluation when you submit your Intent to Test Form.
4. Once you pass your evaluation, you must complete the next scheduled test. Successful completion of your Evaluation does not guarantee that you will pass your test. You must perform with maximum focus and effort at your test. Successful completion of your test will result in the awarding of your belt.
5. If you do not pass your test, that's ok! All it means is you need a little more practice before you try again. Use your test as an opportunity to learn where you need more work and practice hard for your next test!