



# NWIMAA Intent to Test Form

## Intermediate II 4th—2nd Gup



Hyungs	Il Soo Sik/Ho Sin Sul	Basics	Bully Expert
<input type="checkbox"/> Pyang Ahn Sah Dan	<input type="checkbox"/> 11-20 Hand	<input type="checkbox"/> Outside inside block, back fist, ridge hand; Spin Heel	<input type="checkbox"/> Whoa, Time Out!
<input type="checkbox"/> Pyang Ahn O Dan	<input type="checkbox"/> 11-20 Feet	<input type="checkbox"/> Yuk Jin and Yuk Soo; Hook kick, diagonal kick	<input type="checkbox"/> Working the Crowd
<input type="checkbox"/> Bassai	<input type="checkbox"/> 11-20 Self Defense	<input type="checkbox"/> Front punch, dullo inside outside block, spin soo do in kyo cha rip; Outside crescent and side-kick, inside crescent and round	<input type="checkbox"/> SAFER
<input type="checkbox"/> Bong Hyung Il Bu	<input type="checkbox"/> 11-20 All		
<input type="checkbox"/> All Four			
<input type="checkbox"/> Fitness <input type="checkbox"/> Written Test <input type="checkbox"/> 24 Classes Complete <input type="checkbox"/> 15 Home Practice Sessions		<input type="checkbox"/> All Techniques	<input type="checkbox"/> All Three

☐ Red Belt Uniform Top

Size:

Student Signature

Guardian Signature

# Intent to Test Form

## Instructions

Rank	Belt	Minimum Time Requirement (since Yellow)
6th Gup	Green	6 Months
5th Gup	Half Green/Half Brown	9 Months
4th Gup	Brown	12 Months
3rd Gup	Half Brown/Half Red	15 Months
2nd Gup	Red	18 Months
1st Gup	Half Red/Half Blue	21 Months

Testing Fee: **\$50**

No Hassle Uniform Top: **\$45** (Red Trim)

New white pants: **\$20**

This form allows you to select the material over which you wish to be evaluated. You must meet the following requirements:

1. You must complete 24 classes between ranks
2. You must have the minimum time requirement as specified in the associated table
3. You must complete 15 practice sessions at home (these should be roughly 15 minutes each)
4. You must be ready to show fitness improvement
5. You must complete the take-home written test
6. For 3rd and 2nd Gups, choose one item from each category: Hyung, Ill Soo Sik/Ho Sin Sul, Basics, Bully Defense
7. For 1st Gup, you must show proficiency in all of the material listed on this page
8. Students and Guardians (for students under 18) must sign the form indicating completion of the requirements
9. 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!