

**Directive Title:** Additional Testing and Promotion Requirements

**Directive Number:** HMKTKD-D1

**Revision:** 1.1

**Chief Instructor Name:** Kelly McInerney

**Effective Date:** 26 January 2008



### **Objective:**

This directive documents additional testing and promotion requirements expected of students and are in addition to the Club Policy HMKTKD-P6, entitled “Club Testing and Promotion Requirements”.

### **Background:**

These additional testing requirements support the preservation of the art form by keeping all students on track as both martial artists and as instructors. These requirements support the legacy of the Club by promoting students who can perform how it was intended to be performed and by ensuring Black Belts are well-rounded in their understanding of the art form and potential coaches and instructors have knowledge and understanding of the art form.

### **Directive:**

#### **Primary and Secondary Objectives:**

The addition of Primary and Secondary Objectives is the most recent change to the testing system. The comments on the front of the testing forms are valid and quite useful when students are working on their specific techniques. Unfortunately, they do not always give students guidance on more “global” issues (bigger picture). In addition, there may be certain critical problems that get lost in the notations. To resolve this, two sections appear on the back of the testing form.

The Primary Objectives list is crucial. If during an exam the judges notice a critical problem with a student’s technique, it will be logged into this section. The following are examples of what is considered critical:

- A technique is unsafe or could cause injury.
- The form does not match the Han Moo Kwan style.
- Their performance would not meet the minimum standards for their next exam.

Again, this section is only for critical issues and should be used sparingly. At least two weeks prior to their next exam, students are required to have each issue signed off by their assigned coach (the key person tracking their consistent progress). Failure to do so could result in a rejection of their request to test and be promoted. If the assigned coach and student cannot determine an effective method for correcting the issue or need more understanding of this requirement, they may approach the Chief Instructor for guidance.

The Primary Objectives list may also be used to track and resolve critical issues that may arise during training sessions. If the student is found to be performing a technique in an unsafe or inappropriate manner, their assigned coach can add a comment to this section to ensure it is corrected prior to the next test.

The Secondary Objectives list is simply for guidance. Here the judges or assigned coach gives an overall picture of where students might focus their efforts to be even more successful in their next exam. These do not need to be signed off; they are simply for the student's information.

The goal of using these sections is to assist students in resolving any serious problems they have within the art form before it becomes too ingrained, and also clearly guide them in their upcoming work.

### **Advanced Students Additional Testing Requirements:**

For the legacy of the club to stay intact, the Club must continue to train and have people available and experienced in Han Moo Kwan as martial artists and as instructors. Students, especially Black Belts, are encouraged and expected to give back to the Club through mentoring and coaching. One of the qualities of a good instructor that is expected from the Club is deep, well rounded knowledge of Han Moo Kwan.

It will be expected that as an Interim Black Belt or Black Belt, in addition to the material on the test form, they will also be responsible for the following material

- 1) Demonstration of knowledge of the art form and the information presented in the video archive (training videos) through an oral discussion on the night of the test.
  - A list of example topics and questions is in Appendix A of this Directive. These examples do not imply other topics or questions on the art form cannot be covered.
- 2) Demonstration of knowledge of the history of Han Moo Kwan through an oral discussion on the night of the test.
  - A list of example topics and questions is in Appendix B of this Directive. These examples do not imply other topics or questions on the art form cannot be covered.
- 3) Teach self-defense techniques emphasizing the Han Moo Kwan philosophy, strategies, and tactics

In addition, to maintain a safe and positive learning atmosphere, the Club President and Chief Instructor expect all members to be safety advocates no matter the belt rank or level of experience. To facilitate this, as an Interim Black Belt or Black Belt, it is expected that they have completed a First Aid and Cardiopulmonary Resuscitation (CPR) training class. It is expected that this training is maintained and the training is current within the last five years.

### **Verification:**

The Chief Instructor is responsible for verifying students are following this Directive. The Chief Instructor must make available this directive at least three months prior to the test night to hold the students responsible for the material.

**Enforcement:**

The Chief Instructor is responsible for the enforcement of this Directive. Students who do not do not complete or are not prepared to fulfill these additional testing and promotion requirements may not be promoted.

## **Appendix A: Art Form Advanced Testing Oral Exam Example Topics and Questions**

1. Be prepared to discuss items you have observed on the basics video where the mechanics are not performed perfectly, along with the correction that needs to be made to make it perfect
2. Be prepared to discuss items you have observed on the basics video that you do not perform exactly as shown. List what it is and why you perform it differently.
3. Be prepared to discuss the challenges you have with basics and why they are challenges for you
4. Be prepared to discuss the application of the any of the basic techniques
5. Be prepared to describe the key attributes of each of the basic techniques
6. Be prepared to describe the benefits of each of the basic techniques
7. Be prepared to discuss items you have observed on the Hyung video where the mechanics are not performed perfectly, along with the correction that needs to be made to make it perfect.
8. Be prepared to discuss items you have observed on the Hyung video that you do not perform exactly as shown. List what it is and why you perform it differently.
9. Be prepared to discuss the challenges you have within a Hyung or with a Hyung itself
10. Be prepared to discuss the possible applications of the techniques within the Hyung

## **Appendix B: TKD and Han Moo Kwan History Advanced Testing Example Oral Exam Topics and Questions**

1. Be prepared to discuss what Han Moo Kwan (HMK) means and how it shapes the philosophy of our Club
2. Be prepared to discuss the origin of Korean Han Moo Kwan (HMK)
3. Be prepared to discuss major influences that shaped modern day Tae Kwon Do based on its history and why
4. Be prepared to discuss how our HMK differs from the International Taekwondo Federation (ITF)
5. Be prepared to discuss how our HMK differs from World Taekwondo Federation (WTF)
6. Be prepared to discuss the philosophy of the HMK art form
7. Be prepared to discuss what the symbols on our Han Moo Kwan emblem represent
8. Be prepared to discuss how our Club started
9. Be prepared to discuss the formalities of our Club (those that exist and those dropped when created)
10. Be prepared to discuss how the Club has benefited by not switching to WTF style