

Belt Testing at Primetime Martial Arts

A quick note about testing: Testing is important and can be very enjoyable for the students. However, here at Primetime our main goal is not to advance every student quickly through the belt ranks. We are much more concerned with helping each student build their confidence, improve their fitness, and learn how to be the best version of themselves.

For Cubs, Tigers, Beginners, and Intermediate students: Testing at these levels will be offered **quarterly**. While testing is optional, it is required to earn a new belt. These students must have completed at least **one stripe goal** and therefore must have one stripe on their belt to be eligible to test. A new belt typically reflects a quarter of learning- meaning that the students were present for at least two classes a week for the quarter leading up to the belt testing period. If due to travel, illness and/or a busy schedule, the student wasn't able to make that many classes they shouldn't test for that particular quarter. There are make up tests available for students unable to make the scheduled testing but must be scheduled with the front desk before the testing date. On testing day students must be in full uniform and bring their kickboxing gloves. Intermediate students also need to bring all of their sparring gear. Mouth guards and cups (for males) are required for testing.

Cub Testing: The ranks at this level are depicted with a white belt and a colored band running down the center of the belt. The next colored band your Cub would earn follows the typical belt color system that can be seen on the wall above the main entrance to the school. Testing at this level looks like a typical Cubs class with a belt promotion at the end of the test (and usually a treat like donuts!). When do Cubs become Tigers? Not all Cubs will be required to earn all of the Cub belts before graduating to Big Tigers. Early graduation is based on the student's comprehension of techniques and the instructor's assessment of their readiness to move up to Big Tiger classes.

Tiger Testing: The ranks at this level are depicted with a Camo belt and a colored band running down the center of the belt. The next colored band your Tiger would earn follows the typical belt color system that can be seen on the wall above the main entrance to the school. Testing at this level looks like an extended Tiger class, roughly 45 minutes to an hour in length, with a belt promotion at the end of the test (and usually a treat like donuts!). The students will move through all of the different areas of their training during the course of the test. When do Tigers become Beginners? Not all Tigers will be required to earn all of the Tiger belts before graduating to Beginners. Early graduation is based on the student's comprehension of techniques and the instructor's assessment of their readiness to move up to Beginners classes.

Beginner Testing: Students in this class are White, Orange, or Gold belts. If a Tiger has recently moved into the Beginners class you might also see a student with a Camo belt with a colored band running down the center of it. In our school Camo belts outrank White belts and will line up ahead of them. Testing at this level looks like an extended Beginners class, roughly one to two hours long, with a belt promotion at the end of the test. The students will move through all of the different areas of their training during the course of the test.

Intermediate Testing: Students in this class are Green, Purple, and Blue belts. Testing at this level looks like an extended Intermediate class, roughly one to two hours long, with a belt promotion at the end of the test. The students will move through all of the different areas of their training during the course of the test.

Advanced and Black Belt Prep Testing: Students in the Advanced class are Blue 1, Brown, and Brown 1 belts. Students in the Black Belt Prep (BBP) class are Red, Red 1, and Red-Black belts. Testing at this level will be offered **quarterly**. Testing at this level looks like an extended advanced/BBP class, roughly two to four hours long, with a belt promotion at the end of the test. The students will move through all of the different areas of their training during the course of the test. Advanced and BBP students must have completed at least **five stripe goals** and therefore must have five stripes on their belt to be eligible to test. A new belt typically reflects five months of learning- meaning that the students were present for at least two classes a week for the five months leading up to the belt testing period. If due to travel, illness and/or a busy schedule, the student wasn't able to make that many classes they shouldn't test for that particular period. There are **NO make up tests** available for students unable to make the scheduled testing dates. On testing day students must be in full uniform and bring all of their equipment. This includes kick boxing gloves and all of their sparring gear. Mouth guards and cups (for males) are required for testing.

Black Belt Testing

Black belt testing includes Red-Black belts and Black belts going for a higher rank. Testing at this level will be offered once a year. Testing at this level includes a martial art content-based test roughly six to twelve hours long, followed by three days of additional tests and activities. The students will move through all of the different areas of their training during the course of the multiday test. Eligible students must have completed six months of intensive Black Belt Training leading up to the test. There are NO make up tests available for students unable to make the scheduled testing dates. On testing day students must be in full uniform and bring all of their equipment. This includes kick boxing gloves and all of their sparring gear. Mouth guards and cups (for males) are required for testing.