

MORECAMBE MARTIAL ARTS

VIDEO TESTING REQUIREMENTS



During this difficult time we do want all students to be able to learn new material and progress through the ranks.

Obviously, it is not possible to do a traditional grading test, but we do want to keep standards as high as is practical, given the current situation.

In order to achieve this, we have created the following Video Test requirements. It will involve using the Home Practise Challenge, the video links to check your material and learn whatever you need.

To qualify for testing you need to do the following;-

- 1) Complete TEN days' worth (two sheets of the challenge) of the Students Home Practise Challenge. We cannot check this ourselves but look to the honesty of students or for parents of Juniors to make sure that they have completed this requirement. Students do not need to complete all requirements in a single session but could do. For example, kicks and handstrikes one day and forms the next etc. This may also help parents struggling to find activities for their children. The kicks and handstrikes done in our "live" session CAN be counted towards this.
- 2) Participate in at least FOUR of our online "Live" sessions. If this is not possible, then you could record them doing a half hour of martial arts exercise and this could replace one session.
- 3) Learn any new material, using our online videos. If you do not have the link for this, please let us know. Students should only learn ONE technique at a time and send us a video to check it out before going on to learn another. Forms should only be learnt a few moves at a time, and again should be recorded and sent to us.
- 4) We estimate this will take at least a month from your last belt, probably longer. Students may still test for Black Stripe, but we won't be able to present them, so will leave it to parents to be creative on that!
- 5) When you feel ready, just complete the form at the bottom of the Home Practise Challenge sheet and email it to us or send by text or messenger.
- 6) When you record your test, please wear full uniform, Dobok (Jacket) may left off if you have a Plain Black or Club T shirt. Begin by bowing, say your name and what belt/stripe you are testing for. You may do your warmup BEFORE starting the test, to save video time. After stating your name etc. Juniors/Youths should recite the Junior Creed. Very young students may be helped with this by parents or older siblings. You Only need to show the Kicks and Handstrikes (at least 10 of each) required on the syllabus sheet. Breakfalls should also be performed, but carefully! Do each Form that you know TWICE and each technique once. When you have finished, you should bow again at the end. Send the video to us and we will review it. If anything needs improving, we will help you do that, but you will not have to do the whole test again. Once we are happy with your progress, we will prepare your certificate and announce your promotion on our Facebook Group!