

Martial Arts Institute of Vacaville
Testing Requirements
For Green Belts and Above p. 1

☉ Green Belts and above are required to free-spar during testing – all students testing for rank (other than interim rank testing) will be required to complete all lower belt forms, current form, current one-steps and free sparring. (Proper equipment and uniform are necessary to be considered prepared for testing.)

☉ Interim Testing: The purpose of an interim level or waiting period is to allow the student the opportunity for growth and “martial maturity” at the intermediate and advanced levels. This interim cycle will also allow the student to become more familiar with the more advanced techniques and to be better acquainted with the more demanding forms.

☉ All Children, Teens and Adults, Blue Belts and Above are to complete a one testing cycle interim test. Black Belt Recommended students will complete a two testing cycle interim test. At this interim testing, these students will be testing for a white stripe. The requirements at this testing are: current form, current one-steps and free-sparring. Upon successful completion of interim testing and the mandatory waiting period, the student is eligible to test for the next rank.

☉ All blue belts and above who are testing for their next rank will be required to perform their current form and one-steps, all lower belt forms and free-sparring (and board breaks for red belts and above).

☉ The minimum age for board breaking is 9 years. To be a red belt, a student must be 8 years or older. See Mr. Penny for more info ...

☉ The minimum age for board breaking has been established at 9 years old at MAIV with the student’s safety being of first and foremost concern. At MAIV, we use full-thickness, real wood. We do this as an effort to maintain the integrity of and to stay true to the real purpose behind board breaking – an evidence of power.

Board Breaking: What it is, Why we do it, What it takes to be successful ...

☉ What is board breaking? Board breaking is simply “penetrating an external plane of resistance” represented by the board. There are also internal (within ourselves/feelings) planes of resistance that manifest in feelings of fear, self doubt and the thought of failure.

☉ Why do we do board breaking? Board breaking serves as an evidence of power. Power offers objective and true proof to the student and the instructor that, if necessary, the student could cause damage with their technique. Board breaking also serves as a medium to overcome or break through the internal planes of resistance one may have. In some cases, this may be more challenging than the actual breaking of the board.

☉ What does it take to break a board? It very simply takes four things to break a board: 1. You need a board. 2. You need some type of technique. 3. You need desire (you have to want to break the board.). 4. You need commitment (something is going to break, you or the board).

The size of boards and techniques required for each rank level are as follows on the next page:

(Note, at testing, the student has 3 chances to break both stations on the same attempt – for example: a red belt has a step-up sidekick (“susk”) and a downward hammerfist (“dwhf”). On the first attempt, they break the susk and miss the dwhf. We set up another board for the susk, we start attempt #2 with the dwhf. They break the dwhf and miss the susk. We set up the dwhf and are now on attempt #3.

The student must break both stations to be promoted to the next level.)

Martial Arts Institute of Vacaville
Testing Requirements
For Green Belts and Above – p. 2

The student must break at two or more stations for every rank. A student who is testing must perform at least one of the mandatory breaks for their rank. However, MAIV is interested in and supports creative individualism; therefore, the student has his or her own choice of techniques (subject to Mr. Penny's approval) for the optional break. Once a technique has been used successfully as an optional break for testing purposes, it may not be used again as an optional break technique for testing. The type and number of objects to be broken are subject to Mr. Penny's approval.

Rank	Mandatory Break	Optional Break
Red Belt	Step Up Sidekick or Front Kick	any tech
Brown Belt	Round Kick or step reverse sidekick	any tech
1-Black-R	Jump sidekick or jump roundkick	any tech
1-Black-D	Jump frontkick or run jump sidekick over one obstacle	
2-Black-R	Run jump sidekick over two obstacles or step jump reverse sidekick	
2-Black-D	Hook Kick or axe kick	Any technique
3-Black	Any jump reverse kick	Any technique (jump reverse sidekick/jump reverse round kick)
4-Black	Speed Break	Any technique
5-Black	Combination Kick	Any Technique

Pine Board Requirements (W x H x thickness)

Youth ages 8-10	9" x 12" x 1"	Adult Women	12" x 12" x 1"
Youth ages 11-15	12" x 12" x 1"	Adult Men	2 boards 12" x 12" x 1"