



Red/Black belt Colour Change Test (CCT)

This Colour Change Test is for ALL students who have a Red/black belt (1st gup).

The next belt is probationary black belt or Cho Dan Bo (Black/white belt), which is the end of the colour belt journey before becoming a Black belt. It is therefore imperative that students who are move up from the colour belt program can:

1. Remember the techniques and moves of the Yellow, Blue and Red belt programs
2. Have a good grasp on the execution of these techniques

This is important because to move forward from Red/black belt, the student needs these techniques as their foundation for their International Black Belt test.

Teen and Adult Blue/black belt students need to ensure they know the techniques of the CCT when they have a minimum of Two (2) Red skill stripes. BBC students should start practicing these moves when they have One (1) Red skill stripe.

How to pass the test CCT:

- Download and print the test section below and practice all of the techniques.
- Check with an instructor to see if you know EVERYTHING to an acceptable level.
- If not: a) Go to the SMA website 'Colour belt' section and go to the 'Red Belt' page and use the resources to help you practice what you need to know. B) Arrange a time with an instructor to get some help.
- Work out with an instructor when you will do the CCT and bring this page to the test.
- Pass ALL of the techniques listed on this page.

The criteria for passing the BBC is as follows:

- 1) Knowledge of technique
- 2) Execution of technique
- 3) Confidence

Please note:

- * You cannot 'FAIL' this test.
- * Students who don't know the techniques will get all the help they need. However, they do need to take responsibility for themselves and practice.
- * Red/black belts who cannot pass the CCT in time for their Black/white Belt Graduation will be loaned a temporary 'brown belt' until they can pass. Once they do pass, they will then be presented with their Black/white belt in class.
- * This is not a 'punishment or a penalty, it is just means to set up the new Black/white belt for success.
- * Students who miss Belt Graduation will not be able to do a board break.

If you have any questions about the CCT you can [contact Shire Martial Arts with this link.](#)

Colour Change Test

Name:

For: RED/Black Belts

Uniform & Belt	Result	Signed	Date
Belt tying Correct knot, an even coil at back, ends are of the same length			
Basic Movements			
Basic Movement Drill 1– 9 (With FULL 'pull push', breath control & Gihap)			
Poomsae			
Taeguk E Jang: Correct stances			
Taeguk O Jang: Correct stances			
Taeguk Chil Jang: Correct stances			
Poomsae Koryo (part 1): Correct stances			
One Step Sparring			
Start & Finish procedure			
Move 1:	Move 2:	Move 3:	
Move 4:	Move 5:	Move 6:	
Move 7:	Move 8:	Move 9:	