

# TESTING GUIDELINES FOR ALL LEVELS

Make sure to say your full name, and include your e-mail address in the video.

*If your training partner is testing at the same time, you do not do the test twice, we'll just look at each one of you as you play the games.*

*If you are on the student track (training only for your personal enjoyment and development), DO NOT explain the technique just demonstrate it. If there are more than one of you testing, just fall in line and demonstrate all at the same time.*

*If you are on the instructor track, see test guidelines for requirements.*

## PERFORMANCE GAMES

All Performance Games **and Transition Games for your** test are to be done with *FULL PROTECTION* and at *MODERATE INTENSITY*. Playing the games is the most important part of the training, and it is the most important part of all the JKD Unlimited tests. This is why it comes first. (They are also the most fun!)

A person who can demonstrate each technique in detail, but cannot apply anything at all in the games will not pass the test. Of course, you aren't going to be able to apply everything you know during the test, because your partner is resisting you. Mistakes will be made, and that is okay. We just want to see how you apply your techniques against a resisting opponent. We are not looking to see how much power you can produce.

Have fun playing the games, but don't make it an all-out-fight. Both people should play the games at moderate intensity with moderate resistance.

## TECHNIQUE SEQUENCE

Demonstrate the technique sequence with a partner slowly and without any real resistance. The idea here is to check on your precision and attention to detail so that you can practice correctly when playing the Performance Games.

After you demonstrate the techniques, add one 2-MINUTE ROUND OF FOCUS MITTS, incorporating as many stand-up, clinch, and ground techniques (offense and defense) from this part of the curriculum as you can.

This is where we look at your power generation. The focus mitts round is for both student and instructor tracks.

Enjoy the process of training and improving. I truly appreciate the dedication it takes to learn the martial arts, especially from those who live far from the JKDU Headquarters and must train primarily through videos. We have had great success developing high quality martial artists through our distance learning video programs, and I know that you can continue that tradition. Please call or write if you have any questions or suggestions. Enjoy your training!