



H.M.D. ACADEMY, Inc.

(Humanistic Center)

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Procedure for Assisting an H.M.D. Academy Test

(Confer with the Judge prior to the test to ensure that this is the manner they would like to conduct the test.)

Opening

Testers **Line-Up.**

Present test forms to the Judge.

Testers, **Charyot.**

Face me, **Kyongrae.**

Face the Judge, **Kyongare.**

(Judge will call off testers' names and give opening remarks/instructions)

Punches

Step out to your right with a loud **Kihap**, **Joochum Sogi Junbi.**

Single Punches, **Hana, Dul, Set.**

Doubles, **Hana Dul, Set.**

Triples, **Hana, Dul, Set.**

Baro.

Poomsae

(Ask the testers the name of their **Poomsae(s).**)

Highest **Poomsae** ___ **Junbi, Sijak.**

(White, Yellow, **Taegeuk** ___ **Jang – yi, sam, sa, o, yuk, chil, pal**)

(Have testers perform as many as the Judge would like, usually 3 times)

Palgwe ___ **Jang, Junbi, Sijak.**

(**il, yi, sam, sa, o, yuk, chil, pal**)

(Have testers perform as many as the Judge would like, usually 3 times)

Nomination **Poomsae(s)** ___ **Junbi, Sijak.**

(White, Yellow, **Taegeuk/Palgwe** ___ **Jang – il, yi, sam, sa, o, yuk, chil, pal**)

(Judge may want nomination done with eyes closed.)

Bal Chagi (Kicking)

(Hand out targets to each group.)

North Side, **Kyorugi Junbi.**

___ **Chagi**, ___ height, **Hana, Dul, Set.** Raise the target, **Hana, Dul, Set.**

(Name of the kick - belt, chest, head, or above the head height.)

Palbakoa. Hana, Dul, Set. Raise the target, **Hana, Dul, Set.**

(Repeat for all highest and nomination kicks.)

Switch targets to North Side. South Side, **Kyorugi Junbi.**

(Repeat the above procedure for south side.)

Matseo Kyorugi (Pre-Arranged Sparring)

(White Belts: the assistant initiates and the testers respond or do them on their own.)

(Yellow Belts and Higher)

Testers put on shin and forearm pads. You have 20 seconds. **Sijak**.

Face your partner, **Charyot, Kyongrae**.

(Adjust so that the Judge can see and the testers will not run into each other.)

Highest *Matseo Kyorugi*, North side initiate, South side respond. Do each one 3 times at your own cadence, **Sijak**.

Nomination(s) *Mateo Kyorugi* _____. Do each one ____ times at your own cadence, **Sijak**.

(Both sides will do their highest and nomination(s) following the same format.)

Gibon Kyorugi (Basic Sparring)

(White Belts: the assistant initiates and the testers hop back and counter attack.)

(Yellow Belts and Higher)

Face your partner, **Charyot, Kyongrae**.

One to one *Kyorugi*, North side initiate one kick, South side respond one kick. Use highest techniques. **Kyorugi Junbi, Sijak**.

Kuman, South side initiate, North Side respond. **Sijak**.

Two to Two *Kyorugi*, North side initiate two kicks, South side respond two kicks. Use highest techniques. **Kyorugi Junbi, Sijak**.

Kuman, South side initiate, North Side respond. **Sijak**.

(Blue Belts and Higher)

Testers put on *hoguls*, head gear (red belt and higher), and mouth piece.

Face your partner, **Charyot, Kyongrae**.

Kyorugi (Free Sparring), Light contact to the hogul (and head if red belt and higher) area only.

Kyorugi Junbi, Sijak.

(It is the Assistant's responsibility to control the *Kyorugi* for the Judge.)

Closing

Testers take off safety equipment and set it the side and line back up.

(Judge will give comments. Help tie on belts and hand out requirement sheets.)

Testers **Charyot**. Face the Judge, **Kyongrae**. Face me, **Kyongrae**.

Testers Dismissed.

(Ensure that the testers leave with all equipment and belts that was brought.)