

Region 8 Guidelines for Dan Candidates' Request to Test Letters to Instructor

As you know, all potential Dan candidates hand in, six months prior to testing, a "request to test, letter of intent" to their instructor. This process is a formal acknowledgement between student and instructor of a student's intent to test at the next Dan Shim Sa. This not only makes an instructor aware of a student's desire to test, but gives the student an opportunity to reflect on his or her readiness to test based on training, time requirements, and participation in events outside of class.

We have noticed a variety of approaches to handling in this letter. We also feel students may not be aware of what should be included or how much content is adequate. The Region 8 leadership suggests the following guidelines. Page 59. of the Gup & Dan manual can assist with some of the protocol.

Six months prior to testing, please include the following:

- A. Formally state your request to be considered as a candidate to your instructor
- B. Explain why you think you should be allowed to test
 - 1. Give the date of your last test
 - 2. Explain in detail your teaching and training practice in the last two years
- C. List all participation in Soo Bahk Do events in the last two years
 - 1. Regional events
 - 2. National events
 - 3. International events
- D. List all participation in events that have helped increase visibility of Soo Bahk Do and/or help out your community (PVT actions) in the last two years
 - 1. Demonstrations
 - 2. Fundraisers
 - 3. Community service-oriented activities
- E. Explain how you are going to continue and/or improve in all these areas as you prepare for your next test
 - 1. Chart your weekly training schedule in the dojang for the next 6 months
 - 2. Describe cross-training methods you plan to combine with your training
 - 3. Personal goals: (flexibility, weight loss, improve human relations), etc.