



ELEMENTAL KICKBOXING ACADEMY LEEDS

Practical Black Belt Assessment Safety Guidance

The Practical Black Belt Assessment is designed to test your technical ability, fitness, knowledge, resilience, and leadership skills in a challenging but controlled environment. The safety of all participants remains our highest priority throughout the assessment.

Before the Assessment

Ensure you are fit, healthy, and medically capable of participating. Inform the assessment team of any injuries, illnesses, medical conditions, or concerns before the assessment begins. Arrive well-rested, hydrated, and appropriately fuelled. Bring sufficient water and any personal medication you may require. Remove all jewellery, watches, and other items that may cause injury. Ensure all required protective equipment is in good condition and fits correctly.

Warm-up and Preparation

Candidates must complete the required warm-up and preparation activities before participating in any physical assessment element. Do not attempt techniques, movements, or partner work before you are physically prepared and instructed to do so.

Nutrition and Hydration Preparation

Candidates should arrive appropriately fuelled and hydrated to support their performance throughout the assessment. In the days leading up to the assessment, focus on maintaining a balanced diet, regular meals, and adequate fluid intake. Avoid making significant changes to your normal eating habits immediately before the assessment. On the day, ensure you have eaten a suitable meal beforehand and bring sufficient water to maintain hydration throughout the assessment. Bringing suitable snacks or fuel options, particularly if you require additional energy between sections. Poor preparation, dehydration, or insufficient nutrition can affect concentration, performance, and decision-making. Taking responsibility for your preparation is an important part of the mindset expected from a Black Belt.

General Conduct

Follow all instructions given by the assessment team. Maintain control of all techniques at all times. Demonstrate respect and awareness towards fellow candidates and instructors. Report any damaged equipment immediately.



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Sparring and Partner Work

All contact must remain within the permitted rules and intensity levels instructed by the assessors. Candidates must wear the required safety equipment throughout sparring activities. Techniques must demonstrate control, accuracy, and appropriate targeting at all times. Candidates must show the ability to apply techniques effectively while maintaining the safety of their training partner. Candidates are responsible for the safety of their training partners. Adjust your intensity based on your partner's experience, ability, and feedback. A successful Black Belt demonstrates control, awareness, and the ability to train safely with others. Clear communication is essential during partner work. If you are uncomfortable with an activity, unsure of an instruction, or feel a situation is becoming unsafe, communicate this immediately to your partner or an instructor. When instructed to stop by an assessor or instructor, candidates must stop immediately. Continuing after a stop command, even unintentionally, may be considered a safety concern. Any candidate displaying reckless or dangerous behaviour may be removed from the assessment.

Physical Conditioning Activities

Work at an intensity appropriate to your ability while maintaining correct technique. If you experience dizziness, chest pain, breathing difficulties, or any unusual symptoms, stop immediately and inform an instructor. Hydration breaks will be provided as required.

Injury and Medical Procedures

Any injury, however minor, must be reported immediately. First aid equipment will be available throughout the assessment. Instructors reserve the right to stop or modify a candidate's participation if safety concerns arise. Candidates may be withdrawn from the assessment if continuing would pose a risk to themselves or others.

Environmental Safety

Be aware of your surroundings at all times. Keep training areas clear of bags, bottles, and unnecessary equipment. Take extra care when training on unfamiliar surfaces.

Personal Responsibility

Achieving a Black Belt requires technical skill, but also maturity, self-discipline, and responsibility. Candidates are expected to make sensible decisions regarding their own safety and the safety of others throughout the assessment. There is no failure in prioritising safety. Demonstrating good judgement and self-awareness is a hallmark of a true Black Belt. The assessment team has full authority to modify, pause, or stop any activity where they believe safety may be compromised. Candidates are expected to respect these decisions and demonstrate the maturity, discipline, and professionalism expected of a Black Belt.