# ***How To Run A Band Karate Belt Test***

**You will need….**

* Yourself (to run/facilitate/administer the belt test)
* Student performing the belt test
* A smart phone or video-recording device
* The list of Band Karate Belt Levels (found on the SciTech Band – Band Karate webpage)

**Belt Test Step-by-Step Protocol**

**Step 1:** Ask the student if they are ready to perform their belt test.

*If they say YES / if they are READY… go on to step 2.*

**Step 2:** If needed, ask what the student’s name is and/or introduce yourself. (i.e. What’s your name again? My name is Ms. Ouellette and I play the clarinet.)

**Step 3:** Ask the student if they would like some help/advice/feedback afterwards (see step 6), or if they just need their belt test recorded.

**Step 4:** Set up the recording device and start recording when the student is ready.

**Step 5:** Student performs their belt test. Stop recording when they have finished.

**Step 6:** If the student asked for help/advice/feedback (see step 3), give them a suggestion sandwich! (PSP – praise, suggestion, and a praise, in that order). If not, praise them for a job well done and tell them to go on and practice for their next belt test!

**Step 7 – THE MOST IMPORTANT STEP: UPLOAD** the student’s belt test video to the “Submit Band Karate Videos” DropBox link on the SciTech Band - Band Karate webpage (scitechband.org/band-karate). OR use this QR code to go to the DropBox link.

**QR CODE TO UPLOAD BAND KARATE BELT TEST VIDEOS**