



# AKKA Karate USA

# Support Person

**Someone has asked you to be their Support Person for their upcoming Evaluation and Graduation – what an Honor!**

Testing for your next rank is a big deal, which is why being a Support Person is a role of big responsibility – it is up to you to make sure your testing candidate has everything they need during their evaluation, graduation, and as they prepare and practice for these big events.

## What are your responsibilities as a Support Person?

### Show up/ Be Present

As a support person, your presence and preparation is required at:

- The Evaluation, dressed in clean, full Gi uniform (jacket and pant)
- The Graduation, dressed in clean, full Gi uniform (jacket and pant)
- Preparation, planned practice with your test candidate

### Practice

It is your job to make sure your test candidate looks **AWESOME** when they do their self-defense techniques hands-on. How do you accomplish this?

- **Practice AT LEAST 1– 2 times with your test candidate outside of class** – the more you practice together, the more confident you both will feel. This means you need to **PLAN** times to meet and train that are not during your scheduled classes.
- **Know the attacks to the self-defense techniques**, so your partner can focus on doing the technique and not reminding you what to do! Knowing the attacks will also help you feel more confident and supportive!
- **Know your own material.** The more you practice what you have learned, the smoother your practice will go.

### Benefit

- Being a Support Person is a wonderful opportunity to improve your own Karate practice and give someone else a great testing experience.
- Through being a Support Person, and asking another to do the same for you, you will build lasting friendships that create a strong, motivating, and supportive community to carry you through your entire martial arts journey.

### Evaluation

Your test candidate needs and deserves your full attention and support up to and during their test. This means paying enough attention and staying close enough to them during their test so they have all they need when they need it. What are some of these needs?

- **Energy/Hydration:** remind them to have enough liquids (and possibly quick energy snacks, sweat towel, tiger balm, etc.)
- **Verbal Support:** listening to their concerns and giving support, **CHEER THEM ON!**
- **Physical support:** in addition to hands on, count their calisthenics or even do some with them. Address sore muscles, aches, or pains.