



Sun Tae Kwon Do Academy

White Belt Testing for High White Belt

Name: _____ Date of Birth: _____

Address: _____

Phone: _____ Email Address: _____

This application is submitted in accordance with the regulations of Sun Tae Kwon Do Academy. Students are not permitted to leave before testing is completed without having first made arrangements with the Master.

Signature: _____ Date: _____

This Testing Application must be returned with the worksheet on page two completed, Parent Recommendation and Report Card, and fee below at least three days prior to the testing date.

Cost for Testing: \$60

FOR MASTERS AND JUDGES ONLY

PHYSICAL ASPECTS						Comments/Notes
Ten Motions	A	B	C	D	F	_____
Basic Kicking	A	B	C	D	F	_____
Flexibility	A	B	C	D	F	_____
Push-Ups	A	B	C	D	F	_____
Breaking - Hammerfist	A	B	C	D	F	_____
MENTAL ASPECTS						
Knowledge / Oral Testing	A	B	C	D	F	_____
Confidence	A	B	C	D	F	_____
Focus	A	B	C	D	F	_____
Respect	A	B	C	D	F	_____
Home Report Card	A	B	C	D	F	_____
Parent Recommendation	A	B	C	D	F	_____

General Comments:

Examiner: _____ Date: _____

RESULTS: PASS FAIL HOLD



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Promotional Test Application: Knowledge & Oral Questions

An important part of promotional testing is gaining knowledge about Tae Kwon Do, including language, culture, philosophy, and history. You must complete this worksheet and turn it in as part of your testing application to demonstrate that you are fully prepared for this promotional test. Please ask higher ranks, including Instructors and Masters, if you are unsure of any of the answers. Judges may ask you up to three of the questions below.

1. How do we count to five in Korean?
 a. Da-sut, set, dul, net, hana
 b. One, two, three, four, five
 c. Hana, dul, set, net, da-sut
 d. Uno, dos, tres, quarto, cinco
2. Where is Tae Kwon Do from?
 a. China
 b. Korea
 c. California
 d. Japan
3. What do you call your uniform in Korean?
 a. Do-bok
 b. Bok-choy
 c. Gi
 d. Yu-ni-furm
4. What do we learn here?
 a. Tae Kwon Do
 b. Karate
 c. Judo
 d. Kickboxing
5. What are the three parts of focus, in order?
 a. Focus my eyes. Focus my mind. Focus my body.
 b. Focus my head. Focus my shoulders. Focus my toes.
 c. Focus my body. Focus my eyes. Focus my mind.
 d. Focus my heart. Focus my mind. Focus my spirit.
6. How do you stand at attention?
 a. Hands straight out in front. Eyes closed.
 b. Feet apart. Hands in front. Face backwards. Fidget.
 c. Balance on one foot.
 d. Feet together. Hands by side. Face front. Don't move any part of my body.



Sun Tae Kwon Do Academy

Parent Letter of Recommendation

Dear Parent:

As you are aware, the physical development of our students is only a small part of what Sun Tae Kwon offers. In addition to physical skills, we put a heavy emphasis on respect, character, confidence, and focus. We try to emphasize in class that these traits are not only important at the do jang, but at home and at school as well. With this in mind, we are asking for your feedback in the form of a "letter of recommendation" stating why your child should be eligible to test for his/her next new belt rank. In this letter, we ask that you share the positive benefits/changes Tae Kwon Do training has had on your child.

Not only does this give us a barometer for the effectiveness of our teaching, but more importantly, when shared with our students it gives them tremendous incentive for continuing to develop in these important areas in the future. Please take a few minutes to write down your thoughts. This recommendation must be returned as part of your child's testing application along with the "Home Report Card" on the reverse side.

You may use another piece of paper for the letter if necessary. You may also invite a teacher, grandparent, guardian, or other important adult in the child's life to write this letter instead of you.

As always, thank for your support in making your child a success in life.

Master Hong

Student's Name: _____

Recommendation: _____

Master Soon W. Hong



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Home Report Card: White Belt Testing for High White Belt

Parents: Please circle the appropriate grade on this form and return with your testing application. (This is required for all promotional tests.) Use the scale: A=Excellent, B=Good, C=Average, D=Poor (see office), E=Unacceptable (see office). Students are expected to make improvements on home report cards as their rank increases. Use the blank spaces to fill in specific chores at home.

PATIENCE

- Understand that stances are important and strive to do them correctly... A B C D E
- Learn how to fold my do bok (uniform)..... A B C D E
- Learn the Masters' and Instructors' names..... A B C D E
- Read and learn the Black Belt Skills of the Week..... A B C D E
- Don't get frustrated when skills are not the same as others..... A B C D E
- Practice stretching everyday to gain flexibility..... A B C D E

SELF-DISCIPLINE

(This means completing a chore without having being TOLD to do it.)

- Pick up my clothes, put away my things, make/get into bed by myself... A B C D E
- Complete homework..... A B C D E
- Practice poomsae when not in class..... A B C D E
- Take care of my do bok (uniform) - washing / folding / packing..... A B C D E
- Brush teeth / take shower / keep nails trimmed / hair neat..... A B C D E
- A B C D E
- A B C D E

RESPECT

- Listen to and respect parents / grandparents / teachers..... A B C D E
- Share with brothers / sisters / friends..... A B C D E
- Be honest with my parents..... A B C D E
- A B C D E
- A B C D E