



# Sun Tae Kwon Do Academy

## High Red Belt Testing for Bo Dan

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: \$150*

### FOR MASTERS AND JUDGES ONLY

PHYSICAL ASPECTS						Comments/Notes
Tae Geuk Pal Jang	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 – Ridge Hand	A	B	C	D	F	_____
Breaking – Skip Side Kick	A	B	C	D	F	_____
Sparring	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 answer the questions below and turn them 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 any of the information or questions below.

#### Meaning of Each of the Color Belts

1. White belt signifies purity, clean, and the readiness to change color
2. Yellow belt signifies the rising sun and opening the mind to receive knowledge
3. Green belt signifies the spring – a young plant beginning to grow skyward
4. Blue belt signifies the sky to which the plant grows and ambition
5. Red belt signifies danger and caution, control is necessary
6. Black belt contains all colors signifying the deepest and most dense knowledge, the accumulation of all preceding levels

#### Poomsaes You Have Learned, In Order

##### Ki-Cho

1. Tae Geuk Il Jang
2. Tae Geuk Ee Jang
3. Tae Geuk Sam Jang
4. Tae Geuk Sa Jang
5. Tae Geuk Oh Jang
6. Tae Geuk Yuk Jang
7. Tae Geuk Chil Jang
8. Tae Geuk Pal Jang

#### QUESTIONS TO ANSWER (briefly)

- 1) Which belt had the most meaning to you and why?
  
  
  
  
  
  
  
  
  
  
- 2) Why do all the color belt poomsaes start with the words “Tae Geuk”?
  
  
  
  
  
  
  
  
  
  
- 3) Which poomsae do you like best and why?



# 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*

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Student's Name: \_\_\_\_\_

Recommendation: \_\_\_\_\_

*Master Soon W. Hong*



# Sun Tae Kwon Do Academy

## Home Report Card: High Red Belt Testing for Bo Dan

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.

# COURTESY

- Use courteous words like "please" and "thank you" with others..... A B C D E
- Speak politely and with good manners even when you disagree..... A B C D E
- Appreciate different cultures and customs..... A B C D E
- Say "excuse me" before interrupting someone..... A B C D E
- Consider other people's opinions..... A B C D E
- Listen attentively when the instructor or teacher gives instructions..... A B C D E
- Bow to my instructors and fellow students without being reminded..... 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