



# Sun Tae Kwon Do Academy

## Bo Dan 1 Testing for Bo Dan 2

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	_____
Tae Geuk Chil 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 – Judge’s Orders	A	B	C	D	F	_____
Breaking – Judge’s Orders	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 the Korean Flag

The Korean flag is called the Tae Geuk Ki. It symbolizes much of the thought, philosophy, and beauty of Korea. The flag has as its center a circle that is divided equally in perfect balance. It is divided into red (the Yang) and blue (the Um). The two opposites represent the two-sides of the universe: fire and water; heaven and earth; day and night; and dark and light.

The bars on the flag are called Yi-Gwe (lower left corner), Gun-Gwe (upper left corner), Kon-Gwe (lower right corner), and Gam-Gwe (upper right corner). The bars are based on the Um and Yang principles of light and dark. The location of the bars represents the four points on a compass.

Yi-Gwe represents the east – fire and the sun giving warmth and light

Gun-Gwe represents the south – heaven and light that makes all things grow

Kon-Gwe represents the north – earth and darkness

Gam-Gwe represents the west – water and danger having no distinct shape or form

#### **QUESTIONS TO ANSWER (briefly)**

1) Why is it so significant that the Korean flag represents so many pairs of opposites?

2) How is this related to your Tae Kwon Do training?



# 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: \_\_\_\_\_



# Sun Tae Kwon Do Academy

## Home Report Card: Bo Dan 1 Belt Testing for Bo Dan 2

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.

# APPRECIATION

- Understand and respect how much my parents do for me..... A B C D E
- Thank my parents for all they do without being reminded..... A B C D E
- Recognize the efforts and work of teachers and instructors..... A B C D E
- Recognize the efforts and work of higher ranks..... A B C D E
- Recognize that I learn a great deal from teaching others..... A B C D E
- Feel grateful for what I have in life and don't take it for granted..... A B C D E
- Feel lucky to be who I am..... 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