



## Bo Dan 2 Testing for Bo Dan 3

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 Yuk Jang	A	B	C	D	F	_____
Tae Geuk Oh 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: \_\_\_\_\_



# Sun Tae Kwon Do Academy

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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 question below 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 the answer.

#### The Story of Sun Tae Kwon Do

Sun Tae Kwon Do Academy in Peabody, Massachusetts is the continuation of a legacy that began back in the small town of Kyoung Ki Do - Dong Doo Cheon, Korea. It was here where a young master, Master Jae Cheol Park began teaching a small group of local students the art of Tae Kwon Do in the late 1970s. The students were dedicated to the master and the school, even though they did not have an actual building in which to train. Instead, the group trained regularly outside – under the sun – the most natural way to learn and train the martial art.

When this group of students appeared at the World Tae Kwon Do Championships, no one knew of them or their school. They were just thought to be small-town locals who couldn't possibly be a threat to the "real" competitors. But they surprised everyone when this group of unknowns showed their talent and dedication by producing two world champions and winning numerous medals.

By the end of the competition, everyone wanted to know more about the Master and the school where these talented students trained. When it was discovered that they did not have an actual school, they were offered the opportunity to have a school built for them by the government so they could continue their training in a more formal way.

Master Park agreed to have a school built for his students, but with one important condition. He wanted the school to have no roof, so that his students could train the way they always had – under the sun. And thus, Sun Tae Kwon Do was born.

Master Hong was one of Master Park's highly talented and successful students at the World Tae Kwon Do Championships, and as a sign of dedication to his first school he has named his first school in its honor. Although Sun Tae Kwon Do Academy in Peabody, Massachusetts does have a roof, its legacy of loyalty and respect for the purity of training lives on.

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

How does this story change the way you think about our school and 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 2 Belt Testing for Bo Dan 3

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