



Sun Tae Kwon Do Academy

Green Belt Testing for High Green 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: \$75

FOR MASTERS AND JUDGES ONLY

PHYSICAL ASPECTS							Comments/Notes
Tae Geuk Ee 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 – Palm Heel	A	B	C	D	F		_____
Breaking – Front Snap 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



Sun Tae Kwon Do Academy

Green Belt Testing for High Green Belt

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. Why do we do oral testing?
 - a. To practice public speaking and articulation
 - b. For confidence, focus, further knowledge, demonstrate learnings
 - c. To make testing last longer
 - d. To impress our parents and friends
2. What are the five tenets (core beliefs) of Tae Kwon Do?
 - a. Kicking; punching; blocking; sparring; breaking
 - b. Respect; love; compassion; honor; motivation
 - c. Leadership; power; strength; flexibility; focus
 - d. Courtesy; integrity; perseverance; self-control; indomitability
3. Why do we practice breaking?
 - a. To develop power, precision, concentration, and to actually test the effectiveness of various techniques
 - b. To see how much we might be able to hurt other people
 - c. To practice for martial arts demonstrations and movies
 - d. To scare our parents and friends
4. Why do we ki-ahp (yell)?
 - a. To match the music
 - b. So the people on the street can hear us
 - c. For strength, concentration, power, confidence, and breathing
 - d. Because we're not allowed to at home
5. What part of your foot do you use for an axe kick?
 - a. Heel
 - b. Toes
 - c. Instep (top of foot)
 - d. Arch
6. What is the Korean word for side kick?
 - a. Ahp chagi
 - b. Yup chagi
 - c. Mon-ton maki
 - d. Dul-ya chagi



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: _____



Sun Tae Kwon Do Academy

Home Report Card: Green Belt Testing for High Green 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.

COOPERATION

- Being part of a team..... A B C D E
- Willing to admit mistakes..... A B C D E
- Wait my turn in line..... A B C D E
- Be quiet whenever the teacher is speaking..... A B C D E
- Line up quickly at the beginning of class..... A B C D E
- Apologizes if hurts someone's feelings..... A B C D E
- Take turns with other students..... 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