



# Sun Tae Kwon Do Academy

## High Green Belt Testing for Blue 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 Sam 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 - Punch           | A | B | C | D | F | _____          |
| Breaking - Roundhouse 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 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. What does green belt mean?
  - a. Grass growing beneath our feet
  - b. Trees swaying in the breeze
  - c. Food that's healthy to eat
  - d. A young plant growing from the ground toward the sun
2. Why are there different colored belts?
  - a. So we don't get bored with the same belt
  - b. To symbolize the increase in knowledge and ability by the darkness of colors as one advances
  - c. Because our belts get dirty when we wear them for too long
  - d. So people can judge our skill just by our appearance
3. What are the three attack points where we kick or punch?
  - a. Nose; Mouth; Eyes
  - b. Throat; Chest; Shins
  - c. Top; Middle; Bottom
  - d. Low Section (Dan Jun or Nang Sin); Middle Section (Solar Plexus); High Section (In Joong)
4. What is the name of your poomsae?
  - a. Pal Gwe Sam Jang
  - b. Tae Geuk Sam Jang
  - c. Tae Geuk Il Jang
  - d. Tae Geuk Jang Jang
5. Why do we learn "Black Belt Skills of the Week?"
  - a. To increase our understanding of Tae Kwon Do philosophy
  - b. To learn new words
  - c. To make Master Hong happy
  - d. To give ourselves more homework
6. What are the colors of the Korean flag?
  - a. Red, blue, yellow
  - b. Red, blue, green
  - c. Red, blue, white
  - d. Purple, pink, silver



# 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 Green Belt Testing for Blue 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.

# SELF~CONTROL

- Limit eating of junk food..... A B C D E
- Don't blame others for your mistakes..... A B C D E
- Good sport to partners whether you win or lose..... A B C D E
- Walk away to cool off if someone makes you angry..... A B C D E
- Don't get frustrated if you don't catch onto something right away..... A B C D E
- Stop and think before acting..... A B C D E
- Practice poomsaes with best effort even when no one is watching..... 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