



# Sun Tae Kwon Do Academy

## Blue Belt Testing for High 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 Sa 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 - 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 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 stretch in Tae Kwon Do?
  - a. It makes us more flexible
  - b. It allows us to have greater speed and power
  - c. It lets us reach a greater range of possible targets on an opponent
  - d. All of the above
2. What are three key concepts to remember in Tae Kwon Do?
  - a. Eye focus; good balance; loud strong ki-ahp
  - b. Focus my eyes; focus my mind; focus my body
  - c. High section; middle section; low section
  - d. Hana, dul, set
3. Why do we practice sparring?
  - a. Because it is fun
  - b. To defend ourselves from bullies at school
  - c. To develop effective offense and defense, control of distance, precision, speed, and reaction time
  - d. To hurt our brothers and/or sisters
4. When do we practice sparring?
  - a. Whenever we're in class
  - b. Only when the instructors tell us to do so
  - c. At home with our brothers, sisters, or parents
  - d. At school with our friends on the playground
5. Why do we bounce when we're sparring?
  - a. To stay light on our feet and be prepared to either attack or defend ourselves
  - b. For exercise
  - c. To confuse our opponent
  - d. Because we're excited
6. Why do we take our shoes off for training?
  - a. To be quieter
  - b. To show off our toenails
  - c. To allow our body to focus on balance and coordination
  - d. To prevent the floors from getting dirty



# 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: Blue Belt Testing for High 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.

# ATTITUDE

- Cheer on others for their effort..... A B C D E
- Ki-ap loudly and energetically..... A B C D E
- Raise your hand and volunteer in class..... A B C D E
- Approach new things with an open mind..... A B C D E
- Try to have a positive attitude about anything you are doing..... A B C D E
- Look forward to learning new things at school..... A B C D E
- Smile and make eye contact when meeting someone new..... 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