



Sun Tae Kwon Do Academy

High Blue Belt Testing for Red 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: \$100

FOR MASTERS AND JUDGES ONLY

PHYSICAL ASPECTS						Comments/Notes
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 – Elbow Strike	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 wear uniforms to train?
 - a. They are comfortable and stylish
 - b. As a symbol of sameness with our training partners; we all represent the school and ourselves in the same way
 - c. They make us look important and cool
 - d. Master Hong says so
2. What makes power?
 - a. Weight and speed together with relaxation, concentration, and confidence
 - b. Big muscles and determination
 - c. Energy and volume together with courage
 - d. A light switch
3. What does blue belt mean?
 - a. Sky to which the Tae Kwon Do plant grows and ambition to continue
 - b. Sky that our kicks strive to reach
 - c. Color of bruises from sparring practice
 - d. Sea that carries our Tae Kwon Do dream toward us
4. What is the first part of the Student Creed?
 - a. We, the students of Sun Tae Kwon Do Academy, agree to do whatever Master Hong says.
 - b. We, the students of Sun Tae Kwon Do Academy, train hard and believe Tae Kwon Do is the best.
 - c. We, the students of Sun Tae Kwon Do Academy, focus our eyes, minds, and bodies to achieve our best.
 - d. We, the students of Sun Tae Kwon Do Academy, abide within the absolute spirit of the martial arts through careful training of body and mind.
5. What does red belt mean?
 - a. Color of blood
 - b. Anger and frustration
 - c. Danger and caution
 - d. Fire and fear
6. What does "Cha-gi" mean?
 - a. Punch
 - b. Kick
 - c. Stance
 - d. Block



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: _____

Master Soon W. Hong



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Home Report Card: High Blue Belt Testing for Red 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.

PERSEVERANCE

- Finish what you start..... A B C D E
- Stay positive even if things don't go exactly right the first time..... A B C D E
- Understand that everything improves with practice..... A B C D E
- Work on stretching to increase flexibility even though it hurts..... A B C D E
- Practice to improve even when not told to do so by teachers or instructors.. A B C D E
- Try your best in class even when you are tired..... A B C D E
- Keep at projects until completion even when they are difficult..... 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