



Sun Tae Kwon Do Academy

LITTLE TIGERS TESTING (ALL BELTS)

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: \$60

FOR MASTERS AND JUDGES ONLY

PHYSICAL ASPECTS						Comments/Notes
Poomsae (Ten Motions / Defense / Offense / Ki Cho)	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	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

LITTLE TIGERS: ALL White Belt Testings

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. Please ask higher ranks, including Instructors and Masters, if you are unsure of any of the answers.

Test 1: Testing for Yellow Stripe

1. What do you learn here?
 Tae Kwon Do, Sir!
2. What is your Master's name here?
 Master Soon Woo Hong, Sir!
3. What is your phone number / address?

Test 2: Testing for Orange Stripe

1. Why do you bow?
 To show respect, Sir!
2. What do you yell in Tae Kwon Do?
 For strength, concentration, confidence, power, and breathing, Sir!
3. Why is it important to make your bed and help around the house?
 To show respect to my parents, Sir!

Test 3: Testing for Green Stripe

1. What do you do when we say "kyung-yet"?
 Bow, Sir!
2. How do you count to ten in Korean?
 (1) Hana, (2) dul, (3) set, (4) net, (5) da-sut, (6) ya-sut, (7) il-gop, (8) ya-dol, (9) a-hop, (10) yul

3. Why do you need to listen to teachers at school?
 To show respect and so I can learn, Sir!

Test 4: Testing for Blue Stripe

1. What country is Tae Kwon Do from?
 Korea, Sir!
2. Why do we test?
 To demonstrate new things we've learned and for confidence, Sir!
3. What are the most important things you learn here?
 Confidence, focus, respect, and discipline, Sir!

Test 5: Testing for Yellow Belt

1. What does Tae Kwon Do mean?
 Tae means foot or kicking; Kwon means hand or punching; Do means the art or the way. Sir!
2. What does a White Belt mean?
 It shows the beginning, a clear mind, and the start of Tae Kwon Do training, Sir!
3. Why do you eat lots of healthy food and not much (if any) junk food?
 To keep my body healthy and strong, Sir!



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: Little Tigers

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.

RESPONSIBILITY

- Learn how to put on my (do bok) uniform by myself A B C D E
- Learn the Masters' and Instructors' names..... A B C D E
- Don't get frustrated when my skills are not the same as others..... A B C D E
- Try my best in every class..... 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 toys, make/get into bed by myself..... A B C D E
- Complete homework..... A B C D E
- Read every day..... A B C D E
- Help my parents / grandparents around the house..... 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