

PRECISION TAE KWON DO
RANK PROMOTION TESTING FORM

Name: _____

Date: _____

Written & Verbal Test

1) What is the name of your testing pattern(s) (poomse)?

2) What is your breaking requirement? _____

3) What is your rank required *mental training subject*? _____

Please attach a copy of your essay describing, in your own words, what it means to you, and how and why we practice this at Tae Kwon Do and in your life.

4) What is your rank required *physical training subject*? _____

Please attach a copy of your essay describing, in your own words, what it means to you, and how and why we practice this at Tae Kwon Do.

5) On another page, please write out your **5-10 Korean words** that you are required to know for your test.

6) What did you improve most mentally & physically after training in martial arts?

7) What have you improved most since your last test?

Mentally: _____

Physically: _____

8) What is your goal to improve before your next test?

Mentally: _____

Physically: _____

9) What do you like most about Tae Kwon Do?

10) What kick do you think you do best? _____

11) What kick would you like to improve on? _____

12) What did new skill, kicking combination, etc. did you have the most difficulty learning for this belt?

13) How has training in Tae Kwon Do helped you in your general life?

Family: _____

School/Work: _____

Other: _____

14) What is your long term goal in Tae Kwon Do?

Parent's Questions:

1) What improvements have you seen in your child? (Mentally, physically, other)

2) What further improvements would you like to see? (Mentally, physically, other)

I, _____ agree to abide by the rules and regulations, both written and traditional, of *Precision Tae Kwon Do*. I agree that if I violate any of these rules and/or regulations, in addition to any other legal authority, *Precision Tae Kwon Do* may possess, then I will accept dismissal from class, or suspension of rank, held solely at the discretion of *Precision Tae Kwon Do*. I agree that I will not directly, or indirectly, provide instruction in the skills or knowledge of Martial Arts without first receiving written permission from *Precision Tae Kwon Do*.

The purpose of Martial Arts is to improve both mental and physical health. Members must uphold and protect the honour and prestige of Martial Arts.

Members are forbidden to use Martial Arts techniques to provoke or challenge innocent persons. Such behaviour will make offending members subject to disciplinary actions.

I agree that the rank promotion fee which has been paid is non-refundable. I will accept any grade or belt rendered by Precision Tae Kwon Do.

Applicant's Name: _____

Signature: _____

Guardian Signature (if Minor): _____

Date: _____