



YB Champion's Tae Kwon Do
Application for promotion to
YELLOW BELT

Due Date: _____

Testing Date: _____ Test Time: _____

Name: _____ Age: _____

*Students are asked to stay for the duration of the promotion test.
 Please see instructors ahead of time if you have a schedule conflict.*

APPLICANTS PLEASE ANSWER (SEE BACK FOR ADDITIONAL QUESTIONS)

What do you enjoy most about Tae Kwon Do?

What do you find most challenging about Tae Kwon Do?

What is your goal in Tae Kwon Do?

For Parents Only

What areas of progress or challenge has your child experienced during this test period?

-----*This section is for examiners' use only*-----

CURRICULUM	A	B	C	D	Comments
Basic Drills					
Kibon Poomse					
One Step Sparring					
Board Breaking (Hammer)					
Kihap					
Terminology 1					

Examiner's Signature _____

YB Champion's Tae Kwon Do
Black Belt Philosophy Exam:
FOCUS

YB Champion's Tae Kwon Do, Teaching Success Skills For Life!

Age 4-7 Parent assistance and discussion is encouraged.

1. Suzy Sidekick wants to become a black belt someday. When she is in Tae Kwon Do class, she looks in the mirror, plays with her belt, and thinks about playing outside.

Focused / Not Focused

2. Frankie Frontkick wants to pass his yellow belt test. When he trains in Tae Kwon Do class, he looks at the instructor, stands still in the attention position, and concentrates on what he's learning.

Focused / Not Focused

3. At school, Robby Roundhousekick slouches at his desk, talks with the boy next to him, and draws pictures on his math homework.

Focused / Not Focused

Age 8-12 Parent assistance and discussion is encouraged. Please write answers in the space below.

1. What are the different types of focus?
2. How do you practice them?
3. Why are they important?

Teens and Adults Please write answers in the space provided below.

1. Which of the different areas of focus has Tae Kwon Do helped you improve the most?
2. Please explain how it has improved your Tae Kwon Do training.
3. Please explain how it has improved your daily life.

1.

2.

3.

Testing is a showcase of your abilities and a celebration of your accomplishments.
Friends and family are warmly invited to be our guests!