



**YB Champion's Tae Kwon Do**  
**Application for promotion to**  
**GREEN STRIPE**

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*-----

<b>CURRICULUM</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>Comments</b>
Taegeuk 1					
One Step Sparring					
Combination					
Board Breaking (Axe Kick)					
Kihap					
Terminology					

**Examiner's Signature** \_\_\_\_\_

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

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

**Age 4-7 Parent assistance and discussion is encouraged.**

1. Suzy Sidekick has set a goal to train two times per week. Even though she sometimes wants to play outside or watch TV, she always gets ready cheerfully when her father says it's time to go to Tae Kwon Do.

**Focused / Not Focused**

2. Frankie Frontkick trained very hard last month and earned his yellow belt. This month, however, it was sunny outside and he wanted to play with his friends instead of going to Tae Kwon Do class.

**Focused / Not Focused**

3. Robby Roundhousekick knows it's important to brush his teeth every day. He always brushes them before he goes to school and before he goes to bed.

**Focused / Not Focused**

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

1. How many times a week should you train to be consistent in Tae Kwon Do?
2. Why is it important to not only come to Tae Kwon Do consistently but to give your best effort consistently?
3. What are some positive behaviors you do consistently outside of Tae Kwon Do?

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

1. Have you made a commitment to train in Tae Kwon Do consistently (average 2 times per week)?
2. If yes, how is it benefiting you? If no, what challenge do you need to overcome to start training consistently?
3. How do you feel the habit of consistency will help you in 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!