



YB Champion's Tae Kwon Do Application for promotion to **RED 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
Taegeuk 6					
Self Defense					
Sparring					
Board Breaking(Back Kick)					
Kihap					
Written Exam I					

Examiner's Signature _____

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

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

Age 5-7 Parent assistance and discussion is encouraged.

1. When Suzy Sidekick practices, her kihap is very quiet and not exciting. When she does form, she doesn't try to snap and her eyes are half closed like she's sleeping.
Enthusiastic / Not Enthusiastic
2. Frankie Frontkick always tries to push himself and his partner. No matter who he works with, he kihaps strong and loud and sets a good example.
Enthusiastic / Not Enthusiastic
3. Robby Roundhousekick plays on a soccer team. Whenever the ball comes near him, he chases after it as fast as he can.
Enthusiastic / Not Enthusiastic

Age 8-12 Parent assistance and discussion is encouraged.

1. How can enthusiasm affect the way we practice repetitive aspects of Tae Kwon Do like warm-up, basic kicks, and forms?
2. How does enthusiasm affect the sound of someone's kihap?
3. Why is it important to apply enthusiasm to everything we do, even if we don't like it at first?

Teens and Adults

1. What level of enthusiasm have you noticed in your instructors and fellow students?
2. How does the enthusiasm you share with your instructors and fellow students affect your training?
3. Have you found places to apply this enthusiasm in your daily life? If so, please explain.

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!