



YB Champion's Tae Kwon Do
Application for promotion to
BLACK 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* -----

CURRICULUM	A	B	C	D	Comments
Taegeuk 7					
Self Defense					
Sparring					
Board Breaking(Spinning Kick)					
Kihap					
Written Exam II					

Examiner's Signature _____

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

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

Age 5-7 Parent assistance and discussion is encouraged.

1. When Suzy Sidekick was asked to be on the Tae Kwon Do demonstration team, she knew she would have to perform in front of the hundreds of people and she was very scared. But she also knew that she had worked hard and that she was ready, so she accepted the invitation to join the team.
Confident / Not Confident
2. Frankie Frontkick went to a tournament. When he got there, he saw all of the other kids he would have to compete against and got scared. He decided to stay in the stands without trying.
Confident / Not Confident
3. Robbie Roundhouse asked to be in the school play. He was very nervous and worried that he would forget his lines. But he practiced with his mom and dad and on the big day his performance was great!
Confident / Not Confident

Age 8-12 Parent assistance and discussion is encouraged.

1. List 3 accomplishments you are proud of in Tae Kwon Do.
2. How do you gain confidence from Tae Kwon Do training?
3. List 3 accomplishments you are a proud of outside of Tae Kwon Do.

Teens and Adults

1. How do you gain confidence from Tae Kwon Do training?
2. What specific challenges did you face and overcome that gave you confidence?
3. What life challenges have you been able to face with greater confidence as a result of your training?

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!