



# Adult Testing Form WHITE to YELLOW belt

Taekwondo     Hapkido

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Belt Size: \_\_\_\_\_

I recognize that belts and certificates are awarded only when specific standards of performance are met. In the event that I do not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## For Office Use Only

### Techniques

#### Forms

1    2    3

*1=Excellent 2=Good 3=Needs Work*

#### Kicking Combination

1:  1    2    3

2:  1    2    3

#### Hapkido White-Purple

1    2    3

*1=Excellent 2=Good 3=Needs Work*

#### Hand Techniques

1:  1    2    3

2:  1    2    3

*1=Excellent 2=Good 3=Needs Work*

#### Board Breaking

1    2    3

*1=Excellent 2=Good 3=Needs Work*

#### Physical Aspects

Basic:                     1    2    3

Flexibility:             1    2    3

Free Sparring:         1    2    3

Yell:                      1    2    3

*1=Excellent 2=Good 3=Needs Work*

### Attitude Aspects

Respect:                 1    2    3

Attitude:               1    2    3

Discipline:             1    2    3

Cooperation:          1    2    3

Confidence:           1    2    3

Control:                 1    2    3

*1=Excellent 2=Good 3=Needs Work*

### Mental Requirements

#### Philosophy

What is the meaning?

Tae (foot for kicking) ... Kwon (hand for punching and blocking ... Do (way of life)

Hap (coordination) ... Ki (energy) ... Do (way of life)

#### Terminology

Attention:              "CHAH-RHEE-UHT"

Bow:                     "KYUNG-REA"

Thank You Sir:        "KAHM-SAH-HAHM-NEE-DAH"

How are you, Sir?:    "AHN-YOUNG-HAH-SHIM-NEE-KAH"

Official Signature: \_\_\_\_\_

Pass     Please Try Again

# Exam Request Form

Student Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Start Date: \_\_\_\_\_

Exam Date: \_\_\_\_\_

Your goal is to take the Black Belt exam on:  Spring  Fall Year: \_\_\_\_\_

**Please list 3 areas in which you have improved since starting our program:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Please list 3 areas in which you wish to make improvements:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Please list 3 actions you will take to achieve these improvements:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

The following is a list of special services that we offer.

Please check ones of interest so we can send you more information about them:

Private Lesson

Black Belt Club

Self Defense Seminars for Women

Weapon Class

Sparring Class

Birthday Parties

Demo Team

Schedule a Demo Team event

Please send me free gift certificates to share with friends and family

Thank you for taking the time to complete this form.

Please be sure to sign and return this form one week prior to your exam.

Exam Fee: **\$65**

Check #

Cash

Credit Card

Please make check payable to: Yong-In Aurora Martial Arts

Student Signature: \_\_\_\_\_