



Choi's Martial Arts
Application for Promotion to
BLUE BELT

Name: _____ Age: _____

Test Date: Second Thursday of the month unless notified Test Time: 4:00 pm-5:00pm

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

Please check below:

- Due Date: Saturday before the testing week
- Testing Fee: \$50 (\$60 if applied past the due date)
- Guests: _____

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

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 testing period?

Choi's Martial Arts
Black Belt Philosophy Exam:
SELF-CONTROL
Choi's Martial Arts, Teaching Success Skills For Life!

Children 5-7 Please choose the word that best describes the main character's actions. Parent assistance and discussion is encouraged.

1. Suzy Sidekick was sparring and accidentally got hit by her partner. Even though she was upset and wanted to hit back, Suzy stayed calm and accepted her partner's apology.

Self-control / No Self Control

2. Frankie Frontkick went to the tournament and lost his first match. After his match, he didn't bow to his partner and he threw his headgear on the floor.

Self-control / No Self Control

3. Robbie Roundhousekick went outside to play. He wanted to play baseball but everyone else wanted to play soccer. He cried and screamed until everyone else agreed to play baseball too.

Self-control / No Self Control

Children 8-12 Parent assistance and discussion is encouraged. Please answer in the space below.

1. Why is self-control important when practicing Tae Kwon Do with a partner?

2. How can self-control help us with frustration?

3. In Tae Kwon Do we learn to control our kicks and punches. It is also important to control our words and actions. Why?

Teens and Adults Please answer in the space below.

1. In what areas of your life have you gained more self-control as a result of practicing Tae Kwon Do?

2. In what areas of your life would you like to see your self-control improve more?

3. Why is self-control important when practicing Tae Kwon Do?

1.

2.

3.