

Minnow Lake Place Tae Kwon Do
Black Belt Promotion Test Form

Name: _____ Student No. _____

Class: Tyke Kids Adult Instructor(s): _____

Present Rank: _____ Testing Rank: _____

Test date: _____

Promotion Requirements:

1. Students must sign the promotion attendance sheet no later than the last Wednesday prior to the promotion date.
2. the pre-testing is for those requirements (a maximum of three {3}) about which the student has doubts.
3. Students must know all of their requirements at least two weeks prior to the test date.

Promotion of a student holding a Green Belt and Lower:

- Students holding a Green Belt and Lower must be pre-tested by their instructor.

Promotion of a senior student holding a Green-Blue tip and higher:

- When you sign the promotion attendance sheet, you are stating that you know all of your requirements and are able to execute them with the precision and power required for your belt level.

PRE-TESTING

1. Pre-testing is not required for senior students. However we recommend that you discuss the possibility of a promotion with your instructor. Should you request to be pre-tested; you will only be pre-tested on a maximum of three (3) requirements of your choice. If you are uncertain of more than three (3) requirements, then you are not ready for promotion and should wait.

When I apply to be tested for my next belt level, I agree to the following conditions:

1. Test fees are non-refundable under any circumstances.
2. Students accept both the results of the testing and the belt rendered by the school.
3. Students can only use Tae Kwon Do techniques, outside of the Dojang, for purposes of self-defense.
4. Students who use Tae Kwon Do techniques to provoke or challenge innocent people will accept disciplinary measures taken by your Instructors/Masters. These can include suspension, demotion of rank and/or expulsion, without refund.

Signature of Applicant: _____

Signature of Parent or Legal guardian: _____

Date: _____

| Test Fee | Pd. Amount | Balance | Received by | Certificate given | Belt given |
|----------|------------|---------|-------------|-------------------|------------|
| | | | | | |

CIRCLE YOUR REQUIREMENTS

| BASIC BLOCKS & STRIKES | BASIC STEPPING TECHNIQUES | BASIC KICKING TECHNIQUES | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|---|----------|-----------|--------------|-------------|-------------|-----------|--------------|--------------|-------|-----------|-------------|----------------|-----------|-------------|-------|--------------|--------------|--------------|-------------|--------------|-----------|-------------------------------|--|--|
| Punching Basics 1 – 6 Results: 1 2 3 4 5 6 7 8 9 10 Comments: | Basic Stepping Techniques 1 – 10 Results: 1 2 3 4 5 6 7 8 9 10 Comments: | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Ap Chagi</td> <td style="width: 33%;">Bit Chagi</td> <td style="width: 33%;">Dolgae Chagi</td> </tr> <tr> <td>Mireo Chagi</td> <td>Gauro Chagi</td> <td>Wheachook</td> </tr> <tr> <td>Dollyo Chagi</td> <td>Naeryo Chagi</td> <td style="text-align: center;">Chagi</td> </tr> <tr> <td>Yop Chagi</td> <td>Rear & Lead</td> <td>Counter Dolgae</td> </tr> <tr> <td>Dwi Chagi</td> <td>Leg Counter</td> <td style="text-align: center;">Chagi</td> </tr> <tr> <td>Bakkat Chagi</td> <td>Dollyo Chagi</td> <td>Counter Spin</td> </tr> <tr> <td>Nerea Chagi</td> <td>Hooryo Chagi</td> <td>Hook Kick</td> </tr> <tr> <td colspan="3" style="text-align: center;">Results: 1 2 3 4 5 6 7 8 9 10</td> </tr> </table> | Ap Chagi | Bit Chagi | Dolgae Chagi | Mireo Chagi | Gauro Chagi | Wheachook | Dollyo Chagi | Naeryo Chagi | Chagi | Yop Chagi | Rear & Lead | Counter Dolgae | Dwi Chagi | Leg Counter | Chagi | Bakkat Chagi | Dollyo Chagi | Counter Spin | Nerea Chagi | Hooryo Chagi | Hook Kick | Results: 1 2 3 4 5 6 7 8 9 10 | | |
| Ap Chagi | Bit Chagi | Dolgae Chagi | | | | | | | | | | | | | | | | | | | | | | | | |
| Mireo Chagi | Gauro Chagi | Wheachook | | | | | | | | | | | | | | | | | | | | | | | | |
| Dollyo Chagi | Naeryo Chagi | Chagi | | | | | | | | | | | | | | | | | | | | | | | | |
| Yop Chagi | Rear & Lead | Counter Dolgae | | | | | | | | | | | | | | | | | | | | | | | | |
| Dwi Chagi | Leg Counter | Chagi | | | | | | | | | | | | | | | | | | | | | | | | |
| Bakkat Chagi | Dollyo Chagi | Counter Spin | | | | | | | | | | | | | | | | | | | | | | | | |
| Nerea Chagi | Hooryo Chagi | Hook Kick | | | | | | | | | | | | | | | | | | | | | | | | |
| Results: 1 2 3 4 5 6 7 8 9 10 | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 1 STEP PUNCHING & 1 STEP KICKING (TECHNIQUES) 1 to 10 | |
|---|-------------------------------|
| OBSERVATIONS: | RESULTS: 1 2 3 4 5 6 7 8 9 10 |

| 3 STEP (TECHNIQUES) 1 - 8 | |
|---------------------------|-------------------------------|
| OBSERVATIONS: | RESULTS: 1 2 3 4 5 6 7 8 9 10 |

| HAPKIDO (SELF-DEFENSE) 1 - 12 | |
|-------------------------------|-------------------------------|
| OBSERVATIONS: | RESULTS: 1 2 3 4 5 6 7 8 9 10 |

| POOMSE (FORMS) | | | | | | | | | | | | |
|--|---|--|---|--------------------------------|--|---------------------------------|------------------------------|------------------------------|-----|-----|-----|-----|
| 1 st Dan Koreyo Cho-shim Chulgi II Dan | 2 nd Dan Kuem Gang Palsek Chulgi Ee Dan | 3 rd Dan Tae Beck Sip Soo Chulgi Sam Dan | 4 th Dan Pyong Won Lo Hi Hyung Knife Form | 5 th Dan Sip Jin | 6 th Dan Jitae | 7 th Dan Chonkwon | 8 th Dan Hansu | 9 th Dan Ilyeo | | | | |
| OBSERVATIONS: | | | | | WTF POOMSAE: 1 2 3 4 5 6 7 8 9 10 | | | | | | | |
| | | | | | SONG MOO KWAN: N/A 1 2 3 4 5 6 7 8 9 10 | | | | | | | |
| | | | | | CHANG MOO KWAN: N/A 1 2 3 4 5 6 7 8 9 10 | | | | | | | |
| | | | | | OTHER POOMSAE: N/A 1 2 3 4 5 6 7 8 9 10 | | | | | | | |
| | | | | | Extent of movement | | 1.0 | 0.9 | 0.8 | 0.7 | 0.6 | 0.5 |
| | | | | | Balance | | 1.0 | 0.9 | 0.8 | 0.7 | 0.6 | 0.5 |
| | | | | | Power & Speed | | 1.0 | 0.9 | 0.8 | 0.7 | 0.6 | 0.5 |
| | | | | | Coordination (Rhythm/Tempo/Tone) | | 1.0 | 0.9 | 0.8 | 0.7 | 0.6 | 0.5 |
| | | | | | Expression of "Ki" | | 1.0 | 0.9 | 0.8 | 0.7 | 0.6 | 0.5 |

| FREE SELF-DEFENSE RESULTS: 1 2 3 4 5 6 7 8 9 10 | SPARRING RESULTS: 1 2 3 4 5 6 7 8 9 10 | BREAK(S) RESULTS: 1 2 3 4 5 6 7 8 9 10 |
|--|---|---|
| Observations: | Observations: | Observations: |
| Scoring | Techniques | Self Defense |
| Test Results | | |
| Possible Score | | |

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|---|
| RECOMMENDATION: <input type="checkbox"/> Pass <input type="checkbox"/> Retest |
| SIGNATURE: |