

JL Taekwondo Demo team tryouts

When? : *Exact date and time of tryout to be announced end of March 2015.*

Why no firm date? : Give student applicant time to prepare. (See “Judged @ Tryout”)

How much \$ to join? : Membership on the Demo team is free. However all team members must purchase a uniform with a school patch. The cost of the uniform is **To be Announced**.

Requirement(s):

- Minimum age 8 years old and above with minimum rank of purple belt.
- Limited space available on team.
- Agree/understand and sign application.

Rules:

- No jewelry of any kind to be worn.(no exceptions)
- Clean uniform, belt properly tied, clean appearance.
- Must know JL curriculum without guidance. (See “Expectation”)
- Arrive at least 15 minutes prior to practice or tryouts. (Student must stretch and warm up)
- Only 3-5 students will be selected to be on the Demo team. Must be able to demonstrate “Expectations”. Students can re-tryout at the next announced date.

Expectation: Student must know “all” and show without guidance basic JL curriculum to include:

1. Forms learned with achieved rank or previous rank.
2. Self defense learned with achieved rank or previous rank
3. One-step sparring learned with achieved rank or previous rank.
4. JL basic form #1(1-10); #2(11-20); #3(21-30)
5. Basic techniques:
 - A. Front kick/Round house kick/Side kick
 - B. Turning back side kick
 - C. Front leg hook kick
 - D. Turning back hook kick
 - E. Double round house kick
 - F. 360 degree kick
 - G. Back fall
 - H. Front fall
 - I. Side fall

Judged @ Tryout: Master, Instructor, and senior member of the demo team will ask student applicant to show the following(listed in “Expectation”): “Master will choose”

1. Form/poomse current rank or form/poomse previous rank. (non-guided)
2. Any three basic techniques listed above in “Expectation #5”
3. One-step sparring current or previous rank.
4. JL basic form.

Parents or Guardian: Rules and requirements listed above is to ensure to minimize injuries or accidents. Classes will taught in a strict, disciplined and professional environment.

Immediate non-consideration during tryout: Sloppy uniform, sloppy execution of techniques. Not knowing JL curriculum. Not able to execute requested technique.

Demonstrations: Special breaking technique, self-defense skits/routines, synchronized team movements, synchronized patterns set to music, flips, falls.

* NOTE: Demo team training is more physically and mentally demanding than normal JL classes.