

Victory Taekwondo

Graduation Application for Bo-Dan Belt to Midterm Stripe #1 Belt

**Name:**   **Class (circle one): Little Eagle**  **Children**  **Adult**

**Graduation Time**  **Graduation Date**  **6 / 27 / 20**

|  |  |
| --- | --- |
| Attendance Rating |  |
| Class Assistant |  |  |  |  |

The test fee is non-refundable, I must agree to abide by the judge's decision in

awarding or withholding promotion. I understand that failure to follow school

rules or remain a member in good standing may result in revocation of belt rank.

Initial:

Test Fee: $250 due 2 days before test

\*Payment goes towards Black Belt Test\*

Additional: $10 Late Fee if after deadline

Make-up Testing: $260

Early Registration: $55

due 2 days before

**Date Paid**

**Employee**

**Method of**

**payment**

**Testing**

**Fee**

Additional: $10 Late Fee if after deadline

Make-up Testing fee:

**Curriculum**

Taekuek 7/8

10 Basic Motions 7 & 8

$65

A

B

C

D

**Notes**

Sparring

Basic Kicking

Ki Hap

Confidence

Questions

Breaking

Physical Test:

Sit Up:

Push Up:

Flexibility:

Progress Meeting:

Master/Examiner:

Pass/Retest

**Form Due At Least TWO Days**

**Before Testing**

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**Name:**  **Age:**

**As part of the testing procedure you must complete a one (1) page essay. The essay should**

**be typed on a separate sheet of paper and stapled to the upper left hand corner. The essay**

**should be handed in by the testing deadline. Please make sure to include your name, cur-**

**rent belt level, and age on the top of the essay.**

**Essay Questions:**

1. Define the meaning of confidence.

1. What does it mean to have an indomitable spirit?

2. How does having an indomitable spirit help you in your everyday life as well as in your TaeKwonDo

training?

3. How has TaeKwonDo helped you develop an indomitable spirit?

2. How has confidence helped you become a leader in your everyday life?

3. What life goals have you achieved since you started your

**Please rate the following questions from very little (1) to quite a lot (5)**

How much of a positive influence has TKD had on your life? 1 2 3 4 5

How much has TKD helped you outside of TKD class? 1 2 3 4 5

How much do you think TKD has made you a better person? 1 2 3 4 5

**Please rate the following questions from not often at all (1) to all the time (5)**

How often do you do acts of kindness for others? 1 2 3 4 5

How often do you take time for yourself? 1 2 3 4 5

How often do you practice TKD outside of TKD class? 1 2 3 4 5

How often do you eat healthy meals? 1 2 3 4 5

**Please answer the following:**

How many glasses of water do you drink per day?

How many servings of fruit to you eat per day? Vegetables?

How many hours of exercise do you do per week?

How many hours of community service do you do per month?

**How many pages have you read since your last test?** +2000 or -2000