

# VICTORY TAEKWONDO

## Graduation Application for Yellow Belt to Orange Belt

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

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

Graduation Time \_\_\_\_\_

Graduation Date \_\_\_\_\_

<b>Attendance Rating</b>	
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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: \$55** due 2 days before test

**Additional: \$10** Late Fee if after deadline

**Make-up Testing: \$65**

Date Paid	Employee	Method of payment	Testing Fee

Curriculum	A	B	C	D	Notes
Kam Sa hyung					
Ten Basic motions					
Keebon1/ Taegeuk 1/2					
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



## Graduation Application for Yellow Belt to Orange Belt

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, current belt level, and age on the top of the essay.

### Essay Questions:

1. Define the meaning of self-control.
2. How has TaeKwonDo taught you physical and mental self-control?
3. How has self-control helped you outside of TaeKwonDo?

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 do 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? +1000 or -1000