

VICTORY TAEKWONDO

Graduation Application for Blue Belt to Blue High Belt

Name: _____

Class (circle one): Little Eagle

Children

Adult

Graduation Time _____

Graduation Date _____

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.

Attendance Rating

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 |
|---------------------------------|---|---|---|---|-------|
| Taekuek 3/4/5/6 | | | | | |
| Blue High Belt 10 Basic Motions | | | | | |
| 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



Graduation Application for Blue Belt to Blue High 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 visualization.
2. Why is visualization important in achieving your goals?
3. How has TaeKwonDo helped you to better visualize your goals?

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? +1000 or -1000