Lakeway TaeKwonDo

Promotion Test Application

Name: ____________________________ Age: ____ DOB: _________________
Address: _____________________________________ Phone: _______________
Current Rank: _______________________ Belt Size: ______
Prior Experience in Martial Arts (if applicable) ____________________________
Date Last Tested: _________________ Date Began Training: ____________

Note: High School age student or younger must submit a copy of most recent report card, have good class attendance, and have exhibited proper class behavior to be allowed to test.

I submit this application to Lakeway TaeKwonDo for the upcoming promotion test on __________________________. I will accept, without challenge, the examiner’s decision.

Signed: ____________________________ Date: ________________

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For Examiner’s Use Only
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Attendance: ____________ School Performance: ____ Fee Paid: ______
Rating: 5 = excellent, 4 = very good, 3 = good, 2 = fair, 1 = poor
Comments: + = perfect, - = work on it

Stances
- Horse
- Front
- Walking
- Back
- Fighting
- Cat

Blocks
- Down
- High
- Outside
- Inside
- Outside Forearm
- Guarding
- Single Knifehand
- High Section
- Low Section
- Double Knifehand
- Low Section
- Double Forearm
- Double Outside
- X Block Low
- High Section
- Sweep Block
- Palm Block
- Scissor Block
- Reinforcing Block

Kicks
- Stretching
- Cross Stretching
- Inside Crescent
- Outside Crescent
- Front Snap
- Step-in Front Snap
- Jumping Front Snap
- Turning
- Step-in Turning
- Reverse Step Turning
- Narabam
- Double Turning
- Side
- Step-in Side
- Back
- Step-in Back
- Jumping Back
- 360 Back Kick
- Hook
- Spinning Hook
- Step-in Spinning Hook
- Jump Spinning Hook
- 360 Spinning Hook

One Step Sparring
Self Defense

Forms
WTF
ITF
Old Forms Review
Balance
Speed
Strength
Questions
Attitude
Parents’ Permission to Test (to Age 16)

Dear Parents:

At Lakeway Taekwondo, we believe that the practice of Taekwondo will have a positive impact on every aspect of your child’s life, including building the ability to focus on academic work, improved behavior at home, a heightened sense of self-confidence, and increased physical fitness. These changes may not happen overnight, but they will become part of your child’s life as they journey through their Taekwondo experience.

As parents, you have first hand knowledge of your children’s performance in certain areas of your children’s life that we do not have. Please comment on your child’s performance in the following areas by checking the appropriate box.

Please note that your child must score FIVE of EIGHT positive marks in order to be allowed to test for their next rank.

<table>
<thead>
<tr>
<th>Satisfactory</th>
<th>Needs Improvement</th>
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<tbody>
<tr>
<td>Respectful behavior towards parents, teachers, elders</td>
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<tr>
<td>Kind towards siblings and friends</td>
<td></td>
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<td>Demonstrates responsibility (picks up after self, making bed, cleaning up toys)</td>
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<td>Listens to parents and does not need to be told twice to do the same thing</td>
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<td>Practices healthy eating habits</td>
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<td>Studies hard at school</td>
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<td>Does homework diligently</td>
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<td>Attains/exceeds your expectations for grades</td>
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</table>

Thank you for the opportunity for becoming a positive force in your child’s life. If you have any comments, please feel free to add them to the bottom of this page.

Sincerely,

Master Chris Abramson