**GOLDEN DRAGON TAEKWONDO**

**Contact: 918-841-1502 or contactowasso@goldendragontkd.com**

**Application for Promotion to**

**BROWN STRIPE BELT**

Test Date: TEST\_DATE Test Time: Due Date: DUE\_DATE Testing Fee: $90

Name: STUDENT\_NAME Student Number: ID Age: STUDENT\_AGE

**APPLICANTS PLEASE ANSWER (SEE NEXT PAGE FOR ADDITIONAL QUESTIONS)**

* What do you enjoy most about Taekwondo?
* What do you find most challenging about Taekwondo?
* What is your goal in Taekwondo?

**For Parents Only**

* What areas of progress or challenge has your child experienced during this test period?

**Black Belt Philosophy Exam:**

**SELF CONTROL**

**Teaching Success Skills for Life!**

**Children ages 4-7: Please choose the word that best describes the main character's actions. Parent assistance and discussion is encouraged.**

1. Suzy Sidekick was sparring and accidentally got hit by her partner. Even though she was upset and wanted to hit back, Suzy stayed calm and accepted her partner's apology.

**Self-Control / No Self Control**

2. Frankie Front kick went to the tournament and lost his first match. After his match, he didn't bow to his partner and he threw his headgear on the floor.

**Self-Control / No Self Control**

3. Robbie Roundhouse kick went outside to play. He wanted to play baseball but everyone else wanted to play soccer. He cried and screamed until everyone else agreed to play baseball too.

**Self-Control / No Self Control**

**Children ages 8-12: Parent assistance and discussion is encouraged. Please answer in the space below.**

1. Why is self-control important when practicing Taekwondo with a partner?

2. How can self-control help us with frustration?

3. In Taekwondo we learn to control our kicks and punches. It is also important to control our words and actions. Why?

**Teens and Adults: Please answer in the space below.**

1. In what areas of your life have you gained more self-control as a result of practicing Taekwondo?

2. In what areas of your life would you like to see your self-control improve more?

3. Why is self-control important when practicing Taekwondo?

**Testing is a showcase of your abilities and a celebration of your accomplishments.**

**Friends and family are warmly invited to be our guests!**