**GOLDEN DRAGON TAEKWONDO**

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

**Application for Promotion to**

**GREEN STRIPE BELT**

Test Date: TEST\_DATE Test Time: Due Date: DUE\_DATE Testing Fee: $60

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:**

**Enthusiasm**

**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. When Suzy Sidekick is practicing her kihap, it is very quiet and not exciting. When she does her form she doesn't try to snap and her eyes are half closed like she's sleeping.

**Enthusiastic / Not Enthusiastic**

2. Frankie Front kick always tries to challenge himself and his partner. No matter who he works with, he kihaps strong and loud and sets a good example.

**Enthusiastic / Not Enthusiastic**

3. Robbie Roundhouse kick plays on a soccer team. Whenever the ball comes near him, he chases after it as fast as he can.

**Enthusiastic / Not Enthusiastic**

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

1. How can enthusiasm affect the way we practice repetitive aspects of Taekwondo like warm-up, basic kicks and forms?

2. How does enthusiasm affect the sound of someone's kihap?

3. Why is it important to apply enthusiasm to everything we do, even if we don't like it at first?

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

1. What level of enthusiasm have you noticed in your instructors and fellow students?

2. How does the enthusiasm you share with your instructors and fellow students affect your training?

3. Have you found places to apply this enthusiasm in your daily life? If so, please explain.

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

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