**GOLDEN DRAGON TAEKWONDO**

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

**Application for Promotion to**

**YELLOW BELT**

Test Date: TEST\_DATE Test Time: Due Date: DUE\_DATE Testing Fee: $45

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:**

**CONFIDENCE**

**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 asked to be on the Taekwondo Demonstration Team. She knew she would have to perform in front of hundreds of people and she was very scared. But she also knew that she had worked hard and that she was ready, so she accepted the invitation to join the team.

**Confident / Not Confident**

2. Frankie Front kick went to a tournament. When he got there, he saw all the other kids he would have to compete against and got scared. He decided to stay in the stands without trying.

**Confident / Not Confident**

3. Robbie Roundhouse kick was asked to be in the school play. He was very nervous and worried that he would forget his lines. But he practiced with his mom and dad and on the big day his performance was great!

**Confident / Not Confident**

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

1. List 3 accomplishments you are proud of in Taekwondo.

2. How do you gain confidence from Taekwondo training?

3. List 3 accomplishments you are proud of outside of Taekwondo.

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

1. How do you gain confidence from Taekwondo training?

2. What specific challenge did you face and overcome that gave you confidence?

3. What life challenges have you been able to face with greater confidence as a result of your training?

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

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