**GOLDEN DRAGON TAEKWONDO**

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

**Application for Promotion to**

**YELLOW STRIPE BELT**

Test Date: TEST\_DATE Test Time: Due Date: DUE\_DATE Testing Fee: $40

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:**

**FOCUS**

**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 wants to become a black belt someday. When she is in Taekwondo class she looks in the mirror, pulls on her belt and thinks about playing outside.

**Focused / Not Focused**

2. Frankie Front kick wants to pass his yellow belt test. When he trains in Taekwondo class he looks at the instructor, stands still in the attention position and concentrates on what he's learning.

**Focused / Not Focused**

3. At school Robbie Roundhouse kick sits up straight at his desk, listens carefully to his teacher, and takes good notes on what she is saying.

**Focused / Not Focused**

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

1. What are the three types of focus?

2. How do you practice them?

3. Why are they important?

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

1. Which of the three areas of focus has Taekwondo helped you to improve the most?

2. Please explain how it has improved your Taekwondo training.

3. Please explain how it has improved your daily life.

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

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