



Promotion Application

for Yellow Belts (9th Gup)

CURRENT BELT:



Name:	Height:	Uniform Size:
I will graciously accept the decision of the MIT Sport Taekwondo testing committee.		
Signature: _____		Date: _____
* Student must have instructor sign-off on all techniques at least one practice before the test date.		

	Sign-off*	COMMENTS	SCORE
Hand Techniques			/ 10
Kicking Techniques			/ 10
Previous Forms			/ 10
Current Forms		TG1:	/ 10
Sparring Step Drills		4. 5. 6.	/ 10
One Step Sparring		1. 2. 3.	/ 10
Sparring			/ 10
Break		Technique: _____ Attempt: 1____ 2____ 3____ 4____ 5____	
TOTAL:			/

Name of Examiner: _____

Signature of Examiner: _____

Date: _____



Promotion Application

for Green Stripes (8th Gup)

CURRENT BELT:



Name: _____	Uniform Size: _____
I will graciously accept the decision of the MIT Sport Taekwondo testing committee. Signature: _____ Date: _____ * Student must have instructor sign-off on all techniques at least one practice before the test date.	

	Sign-off*	COMMENTS	SCORE
Hand Techniques			/ 10
Kicking Techniques			/ 10
Previous Forms			/ 10
Current Forms		TG2: Dan Goon:	/ 10
Sparring Step Drills		7. 8. 9.	/ 10
One Step Sparring		4. 5. 6.	/ 10
Sparring			/ 10
Break		Technique: _____ Attempt: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____	
TOTAL:			/

Name of Examiner: _____

Signature of Examiner: _____

Date: _____



Promotion Application

for Green Belts (7th Gup)

CURRENT BELT:



Name: _____	Uniform Size: _____
I will graciously accept the decision of the MIT Sport Taekwondo testing committee. Signature: _____ Date: _____ * Student must have instructor sign-off on all techniques at least one practice before the test date.	

	Sign-off*	COMMENTS	SCORE
Hand Techniques			/ 10
Kicking Techniques			/ 10
Previous Forms			/ 10
Current Forms		TG3: Do San:	/ 10
Sparring Step Drills		10. 11. 12.	/ 10
One Step Sparring		7. 8. 9.	/ 10
Sparring			/ 10
Break		Technique: _____ Attempt: 1____ 2____ 3____ 4____ 5____	
TOTAL:			/

Name of Examiner: _____

Signature of Examiner: _____

Date: _____



Promotion Application

for Blue Stripes (6th Gup)

CURRENT BELT:



Name: _____	Uniform Size: _____
I will graciously accept the decision of the MIT Sport Taekwondo testing committee.	
Signature: _____ Date: _____	
* Student must have instructor sign-off on all techniques at least one practice before the test date.	

	Sign-off*	COMMENTS	SCORE
Hand Techniques			/ 10
Kicking Techniques			/ 10
Previous Forms			/ 10
Current Forms		TG4: Won Hyo:	/ 10
Sparring Step Drills		13. 14. 15.	/ 10
One Step Sparring		10. 11. 12.	/ 10
Sparring			/ 10
Youth			
Break		Technique: _____ Attempt: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____	
TOTAL:			/

Name of Examiner: _____

Signature of Examiner: _____

Date: _____



Promotion Application

for Blue Belts (5th Gup)

CURRENT BELT:



Name:	Uniform Size:
I will graciously accept the decision of the MIT Sport Taekwondo testing committee.	
Signature: _____	Date: _____
* Student must have instructor sign-off on all techniques at least one practice before the test date.	

	Sign-off*	COMMENTS	SCORE
Hand Techniques			/ 10
Kicking Techniques			/ 10
Previous Forms			/ 10
Current Forms		TG5: Yool Guk:	/ 10
Sparring Step Drills		16. 17.	/ 10
One Step Sparring		13. 14. 15.	/ 10
Sparring			/ 10
Break		Technique: _____ Attempt: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____	
TOTAL:			/

Name of Examiner: _____

Signature of Examiner: _____

Date: _____



Promotion Application

for Red Stripes (4th Gup)

CURRENT BELT:



Name: _____	Uniform Size: _____
I will graciously accept the decision of the MIT Sport Taekwondo testing committee.	
Signature: _____ Date: _____	
* Student must have instructor sign-off on all techniques at least one practice before the test date.	

	Sign-off*	COMMENTS	SCORE
Hand Techniques			/ 10
Kicking Techniques			/ 10
Previous Forms			/ 10
Current Forms		TG6: Joon Goon:	/ 10
Advanced Sparring Step Drills		1. 2. 3. 4.	/ 10
One Step Sparring		16. 17. 18.	/ 10
Sparring			/ 10
Break		Technique: _____ Attempt: 1____ 2____ 3____ 4____ 5____	
TOTAL:			/

Name of Examiner: _____

Signature of Examiner: _____

Date: _____



Promotion Application

for Red Belts (3rd Gup)

CURRENT BELT:



Name: _____	Uniform Size: _____
I will graciously accept the decision of the MIT Sport Taekwondo testing committee.	
Signature: _____ Date: _____	
* Student must have instructor sign-off on all techniques at least one practice before the test date.	

	Sign-off*	COMMENTS	SCORE
Hand Techniques			/ 10
Kicking Techniques			/ 10
Previous Forms			/ 10
Current Forms		TG7: Tae Gyue:	/ 10
Advanced Sparring Step Drills		5. 6. 7. 8.	/ 10
One Step Sparring			/ 10
Sparring			/ 10
Break		Technique: _____ Attempt: 1____ 2____ 3____ 4____ 5____	
TOTAL:			/

Name of Examiner: _____

Signature of Examiner: _____

Date: _____



Promotion Application

for Black Stripes (2nd Gup)

CURRENT BELT:



Name: _____	Uniform Size: _____
I will graciously accept the decision of the MIT Sport Taekwondo testing committee.	
Signature: _____	Date: _____
* Student must have instructor sign-off on all techniques at least one practice before the test date.	

	Sign-off*	COMMENTS	SCORE
Hand Techniques			/ 10
Kicking Techniques			/ 10
Previous Forms			/ 10
Current Forms		TG8: Hwa Rang:	/ 10
Advanced Sparring Step Drills		9. 10. 11. 12.	/ 10
Sparring Step Drills			/ 10
One Step Sparring			/ 10
Sparring			/ 10
Break		Technique: _____ Attempt: 1_____ 2_____ 3_____ 4_____ 5_____	

Approval to Test*

Inst. Signature: _____

Name of Examiner: _____

Signature of Examiner: _____

TOTAL:

/

Date: _____



Promotion Application

for Double Black Stripe (1st Gup)

CURRENT BELT:



Name:	Uniform Size:
Address:	
Email:	
Phone:	
I will graciously accept the decision of the MIT Sport Taekwondo testing committee. Signature: _____ Date: _____ * Student must have instructor sign-off on all techniques at least one practice before the test date.	

	Inst. Sign-off*	COMMENTS	SCORE
Hand Techniques			<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; position: relative;"> <div style="position: absolute; top: 0; right: 0; width: 100%; height: 100%; border-left: 1px solid black; border-bottom: 1px solid black;"></div> <div style="position: absolute; bottom: 0; right: 0; width: 100%; height: 100%; border-left: 1px solid black; border-bottom: 1px solid black;"></div> </div> <div style="text-align: right; margin-top: 5px;">10</div>
Kicking Techniques			<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; position: relative;"> <div style="position: absolute; top: 0; right: 0; width: 100%; height: 100%; border-left: 1px solid black; border-bottom: 1px solid black;"></div> <div style="position: absolute; bottom: 0; right: 0; width: 100%; height: 100%; border-left: 1px solid black; border-bottom: 1px solid black;"></div> </div> <div style="text-align: right; margin-top: 5px;">10</div>
Previous Forms			<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; position: relative;"> <div style="position: absolute; top: 0; right: 0; width: 100%; height: 100%; border-left: 1px solid black; border-bottom: 1px solid black;"></div> <div style="position: absolute; bottom: 0; right: 0; width: 100%; height: 100%; border-left: 1px solid black; border-bottom: 1px solid black;"></div> </div> <div style="text-align: right; margin-top: 5px;">10</div>
TOTAL (including page 2):			<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto; position: relative;"> <div style="position: absolute; top: 0; right: 0; width: 100%; height: 100%; border-left: 1px solid black; border-bottom: 1px solid black;"></div> <div style="position: absolute; bottom: 0; right: 0; width: 100%; height: 100%; border-left: 1px solid black; border-bottom: 1px solid black;"></div> </div>

Approval to Test*

Inst. Signature: _____

Name of Examiner: _____

Signature of Examiner: _____

Date: _____

Promotion Application for Double Black Stripe (1st Gup)

Name: _____

	Inst. Sign-off*	COMMENTS	SCORE
Current Forms			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <div style="border-bottom: 1px solid black; width: 80%; margin: 0 auto;"></div> <div style="text-align: right; margin-top: 5px;">10</div> </div>
Sparring Step Drills			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <div style="border-bottom: 1px solid black; width: 80%; margin: 0 auto;"></div> <div style="text-align: right; margin-top: 5px;">10</div> </div>
Advanced Sparring Step Drills			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <div style="border-bottom: 1px solid black; width: 80%; margin: 0 auto;"></div> <div style="text-align: right; margin-top: 5px;">10</div> </div>
One Step Sparring			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <div style="border-bottom: 1px solid black; width: 80%; margin: 0 auto;"></div> <div style="text-align: right; margin-top: 5px;">10</div> </div>
Sparring			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <div style="border-bottom: 1px solid black; width: 80%; margin: 0 auto;"></div> <div style="text-align: right; margin-top: 5px;">10</div> </div>
Break		Technique: _____ Attempt: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____	



Promotion Application

for Dan Candidates (2nd & Up)

CURRENT BELT:



Name:	Uniform Size:
Address:	
Email:	
Phone:	
I will graciously accept the decision of the MIT Sport Taekwondo testing committee.	
Signature: _____ Date: _____	
* Student must have instructor sign-off on all techniques at least one practice before the test date.	

	Inst. Sign-off*	COMMENTS	SCORE
Hand Techniques			/ 10
Kicking Techniques			/ 10
Previous Forms			/ 10
TOTAL (including page 2):			/

Approval to Test*

Inst. Signature:

Name of Examiner:

Signature of Examiner:

Date:

Promotion Application for Dan Candidates (2nd & up)

Name: _____

	Inst. Sign-off*	COMMENTS	SCORE
Current Forms			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <div style="border-bottom: 1px solid black; width: 80%; margin: 0 auto;"></div> 10 </div>
Sparring Step Drills			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <div style="border-bottom: 1px solid black; width: 80%; margin: 0 auto;"></div> 10 </div>
Advanced Sparring Step Drills			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <div style="border-bottom: 1px solid black; width: 80%; margin: 0 auto;"></div> 10 </div>
One Step Sparring			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <div style="border-bottom: 1px solid black; width: 80%; margin: 0 auto;"></div> 10 </div>
Sparring			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <div style="border-bottom: 1px solid black; width: 80%; margin: 0 auto;"></div> 10 </div>
Break		Technique: _____ Attempt: 1_____ 2_____ 3_____ 4_____ 5_____	