



# Promotion Application

## for White Belts (10th Gup)

CURRENT BELT:

<b>Name:</b>	<b>Height:</b>	<b>Uniform Size:</b>
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
<b>Hand Techniques</b>			/ 10
<b>Kicking Techniques</b>			/ 10
<b>Previous Forms</b>			
<b>Current Forms</b>		Chun Ji:	/ 10
<b>Sparring Step Drills</b>		1. 2. 3.	/ 10
<b>One Step Sparring</b>			
<b>Sparring</b>			/ 10
<b>Break</b>		Technique: _____ Attempt: 1____ 2____ 3____ 4____ 5____	
<b>TOTAL:</b>			/

Name of Examiner: \_\_\_\_\_

Signature of Examiner: \_\_\_\_\_

Date: \_\_\_\_\_