



# BELT PROMOTION

## Center For Martial Arts & Fitness

TESTING DATE : \_\_\_\_/\_\_\_\_/\_\_\_\_, 2010    TIME: 4:30 pm

TESTING FEE: \$30 PER STUDENT

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

PRESENT RANK: \_\_\_\_\_ TESTING FOR: \_\_\_\_\_

APPLICANT OR LEGAL GUARDIAN'S SIGNATURE: \_\_\_\_\_

PHYSICAL AND TECH- NICAL AS- PECTS	BASIC MOTION		A+ (96~100) :EXCELLENT
	SA BANG CHUK		A (91~95) :ABOVE AVERAGE
	TAE GUK FORM		B (81~90) : AVERAGE
	BREAKING		C (71~80) : PASS
	KICKING / PUNCH-		D (UNDER 70) : RETEST
MENTAL	KNOWLEDGE AND		
TOTAL		COMMENTS :	

\* YOUR INSTRUCTOR HAS CHOSEN TO PROMOTE YOU TO THE NEXT LEVEL IN TAEKWONDO. PLEASE RETURN THIS FORM AND TESTING FEE NO LATER THAN WED, DECEMBER 16, 2009. **TESTING PAPER MUST BE ACCOMPANIED BY A HOME REPORT CARD.**

\* ALL STUDENTS NEED TO WEAR A CLEAN, WHITE UNIFORM FOR TESTING.

\* PARENTS, FAMILY AND FRIENDS ARE ENCOURAGED TO ATTEND, BRING YOUR CAMERAS!

CALL (413) 262-4013 FOR MORE INFORMATION ON TESTING.