



## Choi's Martial Arts Application for Promotion to **BLUE BELT**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Test Date: Second Wednesday of the month unless notified Test Time: 4:00 pm-5:00pm

Students are asked to stay for the duration of the promotion test.  
Please see instructors ahead of time if you have a schedule conflict.

Please check below:

- Due Date: Saturday before the testing week
- Testing Fee: \$50 (\$60 if applied past the due date)
- Guests: \_\_\_\_\_

**Testing is a showcase of your abilities and a celebration of your accomplishments.  
Friends and family are warmly invited to be our guests!**

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### **APPLICANTS PLEASE ANSWER (SEE BACK FOR ADDITIONAL QUESTIONS)**

- What do you enjoy most about Tae Kwon Do?
  
  
  
  
  
  
  
  
  
  
- What do you find most challenging about Tae Kwon Do?
  
  
  
  
  
  
  
  
  
  
- What is your goal in Tae Kwon Do?

### **For Parents Only**

- What areas of progress or challenge has your child experienced during this testing period?

**Choi's Martial Arts**  
**Black Belt Philosophy Exam:**  
**SELF-CONTROL**  
**Choi's Martial Arts, Teaching Success Skills For Life!**

**Children 5-7 Please choose the word that best describes the main character's actions. Parent assistance and discussion is encouraged.**

1. Suzy Sidekick was sparring and accidentally got hit by her partner. Even though she was upset and wanted to hit back, Suzy stayed calm and accepted her partner's apology.

**Self-control / No Self Control**

2. Frankie Frontkick went to the tournament and lost his first match. After his match, he didn't bow to his partner and he threw his headgear on the floor.

**Self-control / No Self Control**

3. Robbie Roundhousekick went outside to play. He wanted to play baseball but everyone else wanted to play soccer. He cried and screamed until everyone else agreed to play baseball too.

**Self-control / No Self Control**

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

1. Why is self-control important when practicing Tae Kwon Do with a partner?

2. How can self-control help us with frustration?

3. In Tae Kwon Do we learn to control our kicks and punches. It is also important to control our words and actions. Why?

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

1. In what areas of your life have you gained more self-control as a result of practicing Tae Kwon Do?

2. In what areas of your life would you like to see your self-control improve more?

3. Why is self-control important when practicing Tae Kwon Do?

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1.

2.

3.