



# PRO Martial Arts-Kenwood Application for promotion to **GREEN BELT**

Belt Size

Return By \_\_\_\_\_ Test Time \_\_\_\_\_ Testing Date \_\_\_\_\_ Testing Fee \$60

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

## APPLICANTS PLEASE ANSWER QUESTIONS BELOW (ATTACH ADDITIONAL PAPER IF NEEDED)

What do you enjoy most about martial arts class?

What do you find most challenging about martial arts class?

What is your goal in martial arts?

## STUDENTS UNDER 18-PLEASE ATTACH THE FOLLOWING 1 PAGE REPORT TITLE:

How can having a Good Attitude make you more successful in life?

### For Parents Only

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

-----This section is for examiners' use only-----

CURRICULCUM	A	B	C	D	COMMENTS
Knife Hand Set					
Samrang Il Jang (Adults- Samrang E Jang)					
Sparring Combinations					
Self-Defense 7 & 8					
One Step Sparring 7 & 8					
Ki-hap					
Board Breaking (Back Kick)					
Terminology					

Examiner's Signature \_\_\_\_\_

Testing is showcase of your abilities and a celebration of your hard work and accomplishments!  
Please invite your friends and family to join us!



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**Age 6-8**      **Parent assistance and discussion is encouraged!**

1. Billy Back-kick always works well with other students. When it comes time to put the balls away, he helps other students put them away and shows new students where to line up.

☐ COOPERATING/NOT COOPERATING ☐

2. Patty Punch was practicing self-defense with a partner when her partner said Patty was hitting too hard. Patty ignored him and did it again.

☐ COOPERATING/NOT COOPERATING ☐

3. Frankie Frontkick has two younger sisters. When they are all done playing with their toys, Frankie helps put things away even if he didn't use them.

☐ COOPERATING/NOT COOPERATING ☐

**Age 9-12**      **Parent assistance and discussion is encouraged!**

1. What are some areas of martial arts that require cooperation?
2. A good martial arts partner cooperates with others? What type of things would this partner do?
3. List some people outside of PRO Martial Arts that you need to cooperate with?

**Teens and Adults**

1. What type of cooperation have you received from your instructors and fellow students?
2. What kind of difference has this made in your martial arts training?
3. Where in your outside life would you like to apply this sense of cooperation to a greater degree?

1.

2.

3.

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## SCHOOL REPORT AND EVALUATION

STUDENT: \_\_\_\_\_ DATE: \_\_\_\_\_

Dear Teacher,

As part of this student’s requirement for a belt promotion test at Pro Martial Arts, they must present their grades to the promotion board. We at Pro Martial Arts emphasize the mental as well as physical aspects of the art. We require our student to do above average school work or strive to do so. They must show improvement between promotion tests. In this way we can develop a healthy scholar, one that has self-confidence in both mental and physical activity.

Please take the time write in the subject and the grades. Your comments are welcome.

\_\_\_\_\_  
Head Instructor

\_\_\_\_\_  
Parent or Guardian

SUBJECT	ATTENDANCE AND/OR TARDINESS	ASSIGNMENTS COMPLETED	PARTICIPATION IN CLASS	CURRENT GRADE	COMMENTS/ INITIALS

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***Korean Terms***

**Commands**

<b>Sparring</b>	<b>Kyorugi</b>
<b>Breaking (Board)</b>	<b>Kyuk Pa</b>

**Techniques**

<b>Low Knife Hand Block</b>	<b>Han Dan Soo-Do Makee</b>
<b>High Knife Hand</b>	<b>Sang Dan Soo-Do Makee</b>
<b>Spear Hand Attack</b>	<b>Kwan Soo Kong Ki-juck</b>

**5 Tenets of Martial Arts**

<b>Courtesy</b>	<b>Yeh-Wee</b>
<b>Integrity</b>	<b>Yom-Chi</b>
<b>Perseverance</b>	<b>In Nae</b>
<b>Self-Control</b>	<b>Gook Ki</b>
<b>Indomitable Spirit</b>	<b>Baek-jul Bool-Gool</b>

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