



**PRO Martial Arts-Kenwood**  
**Application for promotion to**  
**PURPLE 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 do good habits make your life easier?

**For Parents Only**

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

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

CURRICULUM	A	B	C	D	COMMENTS
Knife Hand Set Leadership (Basic Block Set Both Sides Basic)					
Samrang Il Jang Initial					
Sparring Combinations					
Self-Defense 5 & 6					
One Step Sparring 5 & 6					
Ki-hap					
Board Breaking (Side 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!**

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

1. Billy Back-kick wants to be a black belt. He comes to class two times per week or more. He shows eye-focus, mind-focus, and body-focus during class and practices at home.

☐ **WORKING TOWARDS GOAL/NOT WORKING TOWARDS GOAL** ☐

2. Patty Punch wants to learn to swim like her older sister Sally. She is afraid to go under the water so she just sits on the side of the pool instead of trying to learn.

☐ **WORKING TOWARDS GOAL/NOT WORKING TOWARDS GOAL** ☐

3. Frankie Frontkick wants to be in the leadership program and wear a blue top and black pants. He decides starts practicing his kicks and forms during ball time, helping his other classmates, and asks what he needs to work to get be asked into the program.

☐ **WORKING TOWARDS GOAL/NOT WORKING TOWARDS GOAL** ☐

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

1. Name a specific martial arts goal you are working on?
2. What is your plan to achieve that goal?
3. Why is achieving this goal important to you?

**Teens and Adults**

1. Which of your goals at PRO Martial Arts have you already achieved?
2. Which goal are you currently working on?
3. What outside goals has PRO Martial Arts helped you to achieve?

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>Turn Around</b>	<b>Dweero Tora</b>
<b>Self-Defense</b>	<b>Ho Shin Sool</b>

**Techniques**

<b>Down Block</b>	<b>Han Dan Makee</b>
<b>High Block</b>	<b>Sun Dan Makee</b>
<b>Inside-Outside Block</b>	<b>Ahneso Pakero Makee</b>
<b>Outside-Inside Block</b>	<b>Pakeso Ahnero Makee</b>
<b>Axe Kick</b>	<b>Chick Aw Chagi</b>

**Courtesy Words**

<b>Goodbye (Teacher to Student)</b>	<b>Annyong Hee KA ship Sheeyo</b>
<b>Goodbye (Student to Teacher)</b>	<b>Annyong Hee Kay Ship Sheeyo</b>

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