



**PRO Martial Arts-Kenwood**  
**Application for promotion to**  
**YELLOW BELT**

Belt Size _____
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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:**

What is respect?

**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
Basic Drills					
Basic Block Set (Adults-Kibon Poomse)					
2 Kick Combination					
Self-Defense 1 & 2					
One Step Sparring 1 & 2					
Ki-hap					
Board Breaking (Hammer Fist)					
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 wants to get his black belt someday. When he comes to martial arts class, he looks in the mirror and plays with his belt.

☐ Focused/Not Focused ☐

2. Patty Punch wants to pass her yellow belt test. When she comes to PRO Martial Arts she looks right at the instructors, stands still at attention and thinks about what she is learning.

☐ Focused/Not Focused ☐

3. During school, Frankie Frontkick puts his head on his desk, talks to the student next to him, and draws pictures while the teacher is talking.

☐ Focused/Not Focused ☐

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

1. What are the three types of focus in martial arts?
2. How do you practice them?
3. Why are they important?

**Teens and Adults**

1. Which of the three areas of focus has martial arts helped you to improve the most?
2. Please explain how it has improved your martial arts training.
3. Please explain how it has improved your daily life.

1.

2.

3.

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***Korean Terms***

**Commands**

<b>Attention</b>	<b>Cha-Ryot</b>
<b>Bow</b>	<b>Kyung-Yet</b>
<b>Bow to the Instructor</b>	<b>Suhn-beh-nim Kae Kyung-Yet</b>
<b>Uniform</b>	<b>Do Bok</b>
<b>School</b>	<b>Dojo</b>

**Counting**

<b>One-Hana</b>	<b>Six-Yahseot</b>
<b>Two-Dul</b>	<b>Seven-ilgop</b>
<b>Three-Set</b>	<b>Eight-Yodol</b>
<b>Four-Net</b>	<b>Nine-Ahop</b>
<b>Five-Dahseot</b>	<b>Ten-Yol</b>

**Techniques**

<b>Front Snap Kick</b>	<b>Ahp Cha-gi</b>
<b>Round House Kick</b>	<b>Dol-yoh Cha-gi</b>
<b>Side Kick</b>	<b>Yop Cha-gi</b>

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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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