



**YB Champion's Tae Kwon Do**  
**Application for promotion to**  
**BLUE BELT**

Due Date: _____
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Testing Date: \_\_\_\_\_ Test Time: \_\_\_\_\_

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

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

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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 test period?

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

<b>CURRICULUM</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>Comments</b>
Taegeuk 4					
Self Defense					
Sparring					
Board Breaking (Side Kick)					
Kihap					
Terminology					

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

**YB Champion's Tae Kwon Do**  
**Black Belt Philosophy Exam:**  
**SELF CONTROL**

**YB Champion's Tae Kwon Do, Teaching Success Skills For Life!**

**Age 4-7 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 / Not Self Control**

2. Frankie Frontkick went to the tournament and lost his first match. After his match, he did not bow to his partner and threw his headgear into the stands.

**Self Control / Not Self Control**

3. Robby 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 / Not Self Control**

**Age 8-12 Parent assistance and discussion is encouraged. Please write answers in the space below.**

1. Why is self control important when practicing Tae Kwon Do with a partner?
2. How come 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 write answers in the space provided below.**

1. 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.