



Promotion Test

Name: _____ Date of Birth: _____ M/F _____

Present Rank: _____ Testing for: _____ Belt Size: _____

Testing for a higher rank/belt is an important part of Tae Kwon Do. When students are promoted to a higher belt, they receive tangible recognition for their hard work in class, completion of promotion requirements, and satisfactory mastery of all skills required for their current rank/belt. Rank/belt promotion also represents progress towards a black belt. Rank/belt promotions give students a great feeling of pride and accomplishment and build their confidence. Students must demonstrate speed, power, and control on a physical level and always display confidence, respect, discipline, and correct manners. Students are strongly encouraged to bring family members and friends to witness promotion testing.

- Application and fee for promotion testing must be turned in no later than two days before the test.
- Absolutely NO testing applications will be accepted on the day of testing!

Parent or Student signature: _____ Date: _____

** Please do not write below this line – for Judges only **

Physical and Technical Aspects	Poomse	A	B	C	Pass Fail Hold
	Kicking-Com.	A	B	C	
	Self-Defense Com.	A	B	C	
	Breaking Tech.	A	B	C	
	Sparring	A	B	C	
	Balance	A	B	C	
	Power	A	B	C	
Mental Aspects	Courtesy	A	B	C	<u>Comments:</u>
	Discipline	A	B	C	
	Manner/Attitude	A	B	C	
	Knowledge/Terms	A	B	C	
	Ki-Hap	A	B	C	

Judge's signature: _____