



# JK Martial Arts Academy

## Adult & Teen Taekwondo Exam Form

Student's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Current Rank : \_\_\_\_\_ Belt Size \_\_\_\_\_

Rank Testing : Yellow  Orange  Green  Blue  Brown  High Brown   
Red  High Red  Deputy I  Deputy II  Deputy III  Deputy IV

I recognize that belts are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree a specific level of competence.

Date : \_\_\_\_\_ Student or Parent's Signature : \_\_\_\_\_

<u>Form</u>	1= Excellent	2= Good	3= Need Work
<u>Kicking Combinations</u>	1= Excellent	2= Good	3= Need Work
<u>One Step Sparring</u>	1= Excellent	2= Good	3= Need Work
<u>Breaking Technique</u>	1= Excellent	2= Good	3= Need Work
<u>Focus</u>	1= Excellent	2= Good	3= Need Work
<u>Mental Strength</u>	1= Excellent	2= Good	3= Need Work
<u>Discipline</u>	1= Excellent	2= Good	3= Need Work
<u>Question/Answer</u>	1= Excellent	2= Good	3= Need Work

Judge's Signature \_\_\_\_\_ Result \_\_\_\_\_

## Adult & Teen Taekwondo Request Form

**Please list 3 areas that you have improved in since starting our program:**

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

**Please list 3 areas that you would like to make improvements on:**

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

**Please list 3 actions you need to take to create improvements in these areas:**

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

## **Teen/parent comment and evaluation sheet**

**I remembered to.....**      (1) – Excellent   (2) - Good   (3) – Poor

Show respect to my parent(s) and family members   (1) (2) (3)

Be truthful   (1) (2) (3)

Maintain a good relationship with my brother and sister   (1) (2) (3)

Help with household chores   (1) (2) (3)

Never interrupt adult conversation   (1) (2) (3)

Study both at school and at home   (1) (2) (3)

Show respect for my teachers and peers   (1) (2) (3)

Do what I am told the first time asked   (1) (2) (3)

**Parent's Comments :**

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Please be sure to sign and return this form prior to your belt exam.

Exam fee : Color Belt Test (Yellow – High Red) \$ 70      Deputy Belt Test (Deputy I – Deputy IV) \$100

Student or Parent's Signature : \_\_\_\_\_