

# Lakeway TaeKwonDo

## Promotion Test Application

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

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Prior Experience in Martial Arts (if applicable) \_\_\_\_\_

Date Last Tested: \_\_\_\_\_ Date Began Training: \_\_\_\_\_

Note: High School age student or younger must submit a copy of most recent report card, have good class attendance, and have exhibited proper class behavior to be allowed to test.

I submit this application to Lakeway TaeKwonDo for the upcoming promotion test on \_\_\_\_\_. I will accept, without challenge, the examiner's decision.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

\*\*\*\*\* For Examiner's Use Only \*\*\*\*\*

Attendance: \_\_\_\_\_ School Performance: \_\_\_\_\_ Fee Paid: \_\_\_\_\_

Rating: 5 = excellent, 4 = very good, 3 = good, 2 = fair, 1 = poor

Comments: + = perfect, - = work on it

Stances	Blocks	Kicks	
Horse	Down	Stretching	One Step Sparring <input type="checkbox"/>
Front	High	Cross Stretching	
Walking	Outside	Inside Crescent	Self Defense <input type="checkbox"/>
Back	Inside	Outside Crescent	
Fighting	Outside Forearm	Front Snap	<b>Forms</b>
Cat	Guarding	Step-in Front Snap	WTF <input type="checkbox"/>
	Single Knifehand	Jumping Front Snap	ITF <input type="checkbox"/>
	High Section	Turning	
	Low Section	Step-in Turning	Old Forms Review <input type="checkbox"/>
<b>Attacks</b>	Double Fist Block	Reverse Step Turning	
Middle Punch	Open hands	Narabam	Balance <input type="checkbox"/>
High Punch	Double Knifehand	Double Turning	Speed <input type="checkbox"/>
Low Punch	Low Section	Side	Strength <input type="checkbox"/>
Jab/punch	Double Forearm	Step-in Side	
Knifehand Strike	Double Outside	Back	Questions <input type="checkbox"/>
Reverse	X Block Low	Step-in Back	
Spearhand	High Section	Jumping Back	Attitude <input type="checkbox"/>
Finger Strike	Sweep Block	360 Back Kick	
Throat Strike	Palm Block	Hook	
Ridge Hand	Scissor Block	Spinning Hook	
Elbow Up	Reinforcing Block	Step-in Spinning Hook	
Cross		Jump Spinning Hook	
Hammer Strike		360 Spinning Hook	
Open hand			
Back Fist			