

# ADIRONDACK TAEKWONDO

1593b Route 9  
Clifton Park, New York 12065  
518.373.0444 [www.ADKTKD.com](http://www.ADKTKD.com)

NAME \_\_\_\_\_ AGE \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Test Fee \$ \_\_\_\_\_

Current belt \_\_\_\_\_ Testing for \_\_\_\_\_

Date of exam \_\_\_\_/\_\_\_\_/\_\_\_\_ Date last tested \_\_\_\_/\_\_\_\_/\_\_\_\_ Uniform size \_\_\_\_\_

Congratulations! You're testing for a new rank, your perseverance and hard work has paid off. As you know you will need to be attending classes and practicing at home. **THE TESTING SCHEDULE FOR THIS TEST CYCLE WILL BE POSTED THROUGHOUT THE TAEKWONDO SCHOOL**, please check for your testing times and dates. *There is a \$10 fee for all late registrations.*

## Rank Testing Evaluation

### Current and review forms including stances, striking and blocking techniques:

Stances:	Unacceptable	Improvement needed	Good	Very good	Outstanding
Blocking techniques:	Unacceptable	Improvement needed	Good	Very good	Outstanding
Overall assessment:	Unacceptable	Improvement needed	Good	Very good	Outstanding

Judges' comments:

### Sparring drills and free sparring including kicking combinations, kicking sets and proper kicking techniques:

Kicking technique:	Unacceptable	Improvement needed	Good	Very good	Outstanding
Kicking sets:	Unacceptable	Improvement needed	Good	Very good	Outstanding
Free sparring:	Unacceptable	Improvement needed	Good	Very good	Outstanding

Judges' comments:

### Required board breaking techniques and miscellaneous testing aspects:

*Note: Please see the required board breaking techniques listed on our student resource area of our website [www.ADKTKD.com](http://www.ADKTKD.com) or one of the posted requirement sheets located in the Taekwondo School.*

Required board breaking:		Excellent		Average	Improvement needed
Belt correctly tied:	Unacceptable	Improvement needed	Good	Very good	Outstanding
Kiap and spirit:	Unacceptable	Improvement needed	Good	Very good	Outstanding
Parent teacher evaluation	Unacceptable	Improvement needed	Good	Very good	Outstanding
Nunchucka	Unacceptable	Improvement needed	Good	Very good	Outstanding

Judges' comments:

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## Intent to Promote

Dear Parent / Guardian and Educator,

One of the goals at Adirondack Taekwondo is to help our student physically in Taekwondo as well as their personal development outside of our Taekwondo School. This student is physically ready for their next belt level. Could you please take a moment out of your schedule and give us your honest assessment on his or her social skills and current academic performance.

## Parent / Guardian

1. My child has been behaving and using the tenets of Taekwondo at home while cooperating at home.  
\_\_\_\_\_ yes      \_\_\_\_\_ no
2. The most convenient time to contact me at home is \_\_\_\_\_. Please contact me  
\_\_\_\_\_ yes      \_\_\_\_\_ no.

Comments:

Parent / Guardian signature: \_\_\_\_\_

## Educator / Teacher

\_\_\_\_\_ has been doing satisfactory or above satisfactory work in my class and is receiving passing grades while being respectful and kind to their classroom community.

\_\_\_\_\_ yes      \_\_\_\_\_ no

Comments:

Educator / Teacher signature: \_\_\_\_\_

## Char**ACT**er Counts!

In classrooms across the Capital Region and beyond teachers are faced with increased responsible and standards to help their students reach daily benchmarks. Along with curriculum objectives, the Dignity for All Students Act (DASA) has increased teachers awareness on the effects of bullying and character education. Our Master Instructor, Mr. Michael A. Yuhasz graduated from the College of Saint Rose with his degree in Elementary Education and is currently serving on Shenendehowa's Character Education Committee. If you feel that your class could benefit in any way by a visit from Master Yuhasz please give us a call at 373-0442 or contact us at [www.ADKTKD.com](http://www.ADKTKD.com).

# ***ADIRONDACK TAEKWONDO***

## Testing and Technique Standards

Our student evaluations are based on the following: I – Improvement needed, G – Good, V- Very Good and O – Outstanding. The following are our performance evaluation definitions to better help our students and parents when assessing performance at our Taekwondo School.

### Unacceptable Taekwondo Performance (Failed)

- Insufficient in several areas of Taekwondo
- Low level of intensity and desire
- Effort is weak and lacks motivation
- Student is unprepared

### I – Improvement Needed: Minimal Taekwondo Performance (Failed)

- Ability is there but lacks fundamentals
- Inconsistent performance
- Weak effort in many areas
- Demonstrates a lack of understanding techniques

### G – Good: Competent Taekwondo Performance (Pass)

- Demonstrates improving performance
- Is willing to listen, learn and practice
- Ability is present along with effort
- Knowledge is demonstrated

### V – Very Good: Highly Competent Taekwondo Performance

- Performs well over the entire test in all areas / forms, sparring and board breaking
- Test with enthusiasm, & energy
- Ability is similar to Black Belt effort
- Potential Instructor

### O – Outstanding: Exceptional Taekwondo Performance

- Attains and maintains the highest level of performance consistently
- Shows superior understanding of the physical aspect of Taekwondo
- Applies the tenets of Taekwondo within their actions
- Is accountable for their continued knowledge in Taekwondo both physically and mentally

# **ADIRONDACK TAEKWONDO**

## Board Breaking Requirements

### **Beginner belt ranks:**

*White / Junior Yellow Belts*

- One board: Hammer fist or knife hand chop

*Yellow Belts*

- One board: Axe kick

*Orange belts*

- One board: Palm strike

### **Intermediate belt ranks:**

*Green & High Green Belts*

- One board: Green belt - Round kick
- One board: High Green - choice of round kick or spinning round kick

*Blue & High Blue Belts*

- One board: Blue belt – back leg side kick or front leg skipping side kick
- One board: High Blue belt – Back kick

*Purple & High Purple Belt*

- One board: Purple belt - Back kick or step back kick
- One board: High Purple belt – Step spin back kick

### **Advance belt ranks:**

*Red & High Red Belts*

- Two boards: Red belts – front kick jump front kick or round kick jump spin round kick
- Two boards: High Red belt – Flying side kick or front kick jump front kick

*Brown & High Brown*

- Two boards: Brown belts – two board spin hook kick or Round kick jump spin round kick
- Two boards: High brown belts – Round kick, spin hook kick or two board step spin hook kick

***Recommend Black Belt and beyond will be announced before each rank test***

Breaking boards on the first attempt using the required breaking technique will receive an “Excellent” on their test application. All students who are unable to perform their required breaking technique will have the opportunity to break with a basic hand technique using a hammer fist and will receive an “Average” grade. It is strongly recommended to practice your breaking techniques throughout the testing cycle.

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## Adirondack Taekwondo Testing Fees

<b>Belt/Rank</b>	<b>Standard Membership Fees</b>	<b>Black Belt Club Fees</b>	
White - Junior Yellow	\$35.00 (Grasshoppers only)	BBC	\$30
White-Yellow	\$55.00	BBC	\$30
Yellow-Orange	\$55.00	BBC	\$30
Orange-Green	\$60.00	BBC	\$30
Green-H. Green	\$70.00	BBC	\$30
H.Green-Blue	\$70.00	BBC	\$30
Blue-H. Blue	\$70.00	BBC	\$30
H.Blue-Purple	\$70.00	BBC	\$30
Purple-H.Purple	\$70.00	BBC	\$30
H.Purple-Red	\$95.00	BBC	\$30
Red-H.Red	\$95.00	BBC	\$30
H.Red-Brown	\$95.00	BBC	\$30
Brown-H.Brown	\$95.00	BBC	\$30
H.Brown-Rec.Black	\$95.00	BBC	\$30
Black Belt maintenance fee	\$40		

Please note that your test application needs to be completely filled out including your current rank and date of birth before returning your test application along with your "intent to promote" form. In addition there is a \$10 late fee for all applications returned after the specific date posted in the Taekwondo School.