

ADIRONDACK MARTIAL ARTS CENTER

St. John Plaza 1683 Route 9
Clifton Park, New York 12065
(518) 373-0442 www.AdirondackTKD.com

NAME _____ AGE _____ DOB ____/____/____ Test Fee \$ _____

Current Belt _____ Testing For _____

Date of Exam ____/____/____ Date Last Tested ____/____/____

Highest Form _____ Uniform size _____ Number # 754

Congratulations! You're testing for a new rank, your perseverance and hard work has paid off. As you know you will need be attending classes and practicing at home. **THE TESTING SCHEDULE FOR THIS TEST CYCLE WILL BE POSTED THROUGHOUT THE MARTIAL ARTS SCHOOL**, check for your rank, times and dates. **No late registrations will be accepted.**

BASIC HAND TECHNIQUES		TESTING EVALUATION				COMMENTS	
		GRADE					
Blocking techniques		O V G I					
Striking techniques		O V G I					
Stances		O V G I					
BASIC KICKING TECHNIQUES		GRADE				COMMENTS	
Stationary kicks		O V G I					
Kicking combinations		O V G I					
Foot position		O V G I					
FORMS							
U-V	O V G I	D-S	O V G I	J-G	O V G I	H-R	O V G I
C-J	O V G I	W-H	O V G I	T-6	O V G I	C-M	O V G I
D-G	O V G I	Y-G	O V G I	T-G	O V G I	K-G	O V G I
D-S	O V G I	T-5	O V G I	T-7	O V G I	KOR	O V G I
SELF-DEFENSE (HAPKIDO)		GRADE				COMMENTS	
Self-defense		O V G I					
One steps		O V G I					
SPARRING TECHNIQUES / BREAKING						COMMENTS	
Two step sparring						O V G I	
Free sparring						O V G I	
Breaking						O V G I	
MISCELLANEOUS		GRADE				COMMENTS	
Questions		O V G I					
Appearance		O V G I					
Overall attitude		O V G I					
Kiap / spirit		O V G I					
Parent teacher evaluation		O V G I					
NUNCHUCKA		O V G I					
TESTING KEY: Outstanding		Very Good		Good		Improvement needed	

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INTENT TO PROMOTE

Dear Parent / Guardian and Educator,

The goal of our Martial Arts School is to develop our students physically as well as mentally. This student is physically ready for their next belt level. Could you please take a moment and give your honest assessment on his or her social skills and current academic performance.

PARENTS / GUARDIAN

1. My child has been behaving and 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 to teachers and other students.

_____ Yes _____ No

Comments:

Educator / Teacher Signature: _____

SHOW & TELL / Be a STAR for the Day

Thank you for taking the time to complete the following page. As you know Tae Kwon Do is very popular in our community because children gain character education, increased focus & self-control through their Tae Kwon Do training. We offer a **“Star for the Day”** workshop which includes concentration drills and a BOARD BREAKING performance by our fellow student. Please call me to set-up a time with you & your class at 373-0442 I'm looking forward to working with you throughout the year.

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Adirondack Martial Arts Center Test Pricing Policy

Test fees

Belt / Rank	Standard Membership		Black Belt Club
White – Jr. Yellow	\$35.00 (Little Dragons Only)		\$30.00
White – Yellow	\$55.00	BBC	\$30.00
Yellow - Orange	\$55.00	BBC	\$30.00
Orange – Green	\$60.00	BBC	\$30.00
Green – Blue	\$70.00	BBC	\$30.00
Blue – H. Blue	\$70.00	BBC	\$30.00
H. Blue – Purple	\$70.00	BBC	\$30.00
Purple – H. Purple	\$70.00	BBC	\$30.00
H. Purple – Red	\$95.00	BBC	\$30.00
Red – H. Red	\$95.00	BBC	\$30.00
H. Red – Brown	\$95.00	BBC	\$30.00
H. Brown – Rec. Black	\$95.00	BBC	\$30.00
Black Belt maintenance fee	\$35 (as of January 2010)		

Please note that your test application needs to be completely filled out including you're current rank and birth date before returning your test application with your "intent to promote" application.