

# ADIRONDACK TAEKWONDO

1593b Route 9 Building B  
Clifton Park, New York 12065  
(518) 373-0442 [www.ADKTKD.com](http://www.ADKTKD.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 TAEKWONDO SCHOOL**, check for your testing times and dates. *There is a \$10 fee for all late registrations.*

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	
Advancing kicks (moving forward)		O V G I					
Kicking combinations		O V G I					
Foot position		O V G I					
FORMS							
U-V1	O V G I	W-Y	O V G I	J-G	O V G I	H-R	O V G I
C-J	O V G I	T-4	O V G I	T-6	O V G I	T-8	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		GRADE				COMMENTS	
Self-defense		O V G I					
One steps / Knife defense (black belts)		O V G I					
SPARRING TECHNIQUES / BREAKING						COMMENTS	
Two step sparring		O V G I					
Free sparring		O V G I					
Board or Breaking		O V G I					
MISCELLANEOUS		GRADE				COMMENTS	
Questions		O V G I					
Appearance belt tied correctly		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					
<b>TESTING KEY:</b> Outstanding                      Very Good                      Good                      Improvement needed							

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## **INTENT TO PROMOTE**

Dear Parent / Guardian and Educator,

The goal of our Taekwondo 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: \_\_\_\_\_

### **Confidence & Anti-Bully Workshops**

Thank you for taking the time to complete the following page. We wanted to take this opportunity and offer you and your class a Confidence & Anti-Bully Workshop. The workshop is designed to help students become equipped to better deal with bullies while finding confidence in themselves. If this is something that you would like to schedule please contact us at 373-0442 or email the Taekwondo School at [MY@AdirondackTKD.com](mailto:MY@AdirondackTKD.com), just type bully workshop in the subject line. We look forward to working with you in the weeks to come.

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## Adirondack Taekwondo & Fitness 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 – H. Green	\$70.00	BBC	\$30.00
H. 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	\$40		

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.