

RANK TESTING EVALUATION

Name: _____ Age: _____ DOB ____/____/____ Test fee: _____

Current belt: _____ Testing for: _____

Date of exam: ____/____/____ Date last tested ____/____/____ Uniform size: _____



Key: E = Exceeding Expectations

Great knowledge levels of the material and execution of techniques.

M = Meeting Expectations

Good knowledge levels of the material and execution of techniques.

P = Progressing towards Meeting Expectations

The student is progressing towards meeting expectations. Performance varies in consistency with regard to execution and technique.

Skill Criteria

E M P

	E	M	P
Poomsae (form) / Basic Techniques Accurate sequence of movements. Correct stances, blocks/strikes, speed, power, tempo and rhythm with the proper use of energy. Demonstration of balance.			
One-step Sparring & Self Defense Accuracy of movements and techniques. Speed and reaction time in the execution of counter attacks.			
Sparring Drills and Free Sparring The ability to demonstrate control for safety and technical performance. Strikes directed to valid areas with controlled force. Having a sense of distance and spatial awareness. Effective use of footwork for offensive and defensive positions. Demonstration of combinations techniques. Controlled breathing.			
Board Breaking Demonstration of accuracy, flow and control of the technique. The ability to break with the first attempt. Demonstration of self-confidence and balance throughout the technique with proper energy.			
Miscellaneous Testing Aspects Parent & teacher evaluation completed. Belt tied correctly with clean, neat and odor free dobok (uniform)			

Comments:

- _____ Test successfully completed
- _____ Incomplete test / Retest is recommended

_____ Judge

ADIRONDACK TAEKWONDO

1593b Route 9
Clifton Park, New York 12065
518.373.0444 www.ADKTKD.com

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.

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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 or step side kick
- One board: High Green - Round kick or reverse punch

Blue & High Blue Belts

- One board: Blue belt – Spinning round kick or Back Kick
- One board: High Blue belt – Spinning round kick or Round kick (dry) spin round kick

Purple & High Purple Belt

- One board: Purple belt - Back kick or speed break knife hand chop
- One board: High Purple belt – Step back kick or spinning round kick

Advance belt ranks:

Red & High Red Belts

- Two boards: Red belts – Round kick jump spin round kick or two board flying side kick
- Two boards: High Red belt – Two board flying side kick or two board jump back kick

Brown & High Brown

- Two boards: Brown belts – Round kick spin hook kick or two board jump back kick
- Two boards: High brown belts – Round kick spin hook kick or flying side 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

Belt/Rank	Standard Membership Fees	Black Belt Club Fees	
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.