

# UNITED TAE KWON DO

669A Burnside Ave – East Hartford, CT 06108 860-289-8008 www.United-TaeKwonDo.com



In consideration that a risk may be involved at the time of the examination, I hereby release the organization UNITED TAE KWON DO, it's owners, instructors, members and authorized guests from all responsibilities and all claims for injuries I may receive while taking the promotion examination. If at any time I violate the (3) rules and regulations governing UNITED TAE KWON DO, I hereby agree that UNITED TAE KWON DO reserves the right to withdraw my rank or status.

1. **The Purpose of Taekwondo training is to improve both mental and physical health and all members must uphold and preserve the honor and prestige of Taekwondo.**
2. **Members are forbidden to use Taekwondo techniques to provoke innocent persons and any such use shall make the offending members subject to disciplinary action.**
3. **I hereby agree that UNITED TAE KWON DO is the sole and only judge of my qualifications and achievement in this martial art of Taekwondo.**

I understand that UNITED TAE KWON DO obligates itself to furnish a competent judge and facilities for the promotion examination and also to issue the appropriate belt promotion and a certificate of promotion after the examination.

STUDENT NAME: _____	BIRTHDATE: _____	BELT SIZE: _____
PHYSICAL HEALTH: _____	DATE OF ENTRANCE: _____	DATE OF LAST PROMOTION: _____
APPLICANT'S SIGNATURE: _____		
PARENT/GUARDIAN SIGNATURE: _____ <i>(If under 18, parent or guardian signature required)</i>		

*For Office Use only:*

CURRENT RANK: \_\_\_\_\_ REQUESTED RANK: \_\_\_\_\_

DATE: \_\_\_\_\_

PROMOTION ACCEPTED BY: SIGNATURE \_\_\_\_\_

Board Members: Exceeds requirements ✓+ Meets requirements ✓ Below requirements ✓-  
Grades are based on overall knowledge, technique, discipline, fitness, and focus. Make comments as necessary.

Techniques	Comments	Grade
Stances		
Blocks		
Strikes		
Kicks		
Combinations		
Lesson 1 Lesson 2		
Taeguek Series Poomse	Taeguek 1 Taeguek 2 Taeguek 3 Taeguek 4 Taeguek 5 Taeguek 6 Taeguek 7 Taeguek 8	
Jump Rope		
ONE –STEPS / SPARRING		
BOARD BREAKING	TECHNIQUE USED: 1 <sup>st</sup> TRY    2 <sup>nd</sup> TRY    3 <sup>rd</sup> TRY    4 <sup>th</sup> TRY    5 <sup>th</sup> TRY    Over 5 (circle one)	
Character / Behavior		
Attendance		
QUESTIONS / OVERALL PERFORMANCE COMMENTS		

Board Member Signature: \_\_\_\_\_

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