



Norwalk Family Taekwondo Promotion Application

Student's Name: _____

Date of last testing: _____

Current Belt Rank: _____

Belt Rank you are testing for: _____

Age: _____

Belt size: _____

Testing cost, (If your current rank is):

White	\$25
Yellow:	\$30
Orange:	\$35
Green:	\$50
Blue:	\$75
Brown:	\$95
Red:	\$145
1 st Black, Rec.	\$175 *
1 st Black, Dec.	\$200 *

***Verify Black Belt testing fees with Mr. Wagenknecht.**

People testing for 1st decide and above must be an SIBBA member.

Make check out the Norwalk TKD.

Testing Requirements

The black belt judges want to see your accomplished Taekwondo skills. As you progress in rank you will be held responsible for all techniques learned as a lower belt in Taekwondo. Also, you will be required to demonstrate speed, power, and control. Remember, that the martial arts are not purely physical, but incorporate your vast mental capabilities: confidence, discipline, and respect. Testing should not make you nervous, but instead think of it as nothing more than just another intensive workout. Be calm and relaxed.

White Belt: Basic techniques, Kicho Il-bo, and one step sparring.

Yellow Belt: PalGwe 1 & TaeGeuk 1, leg exercises, and single board break.

Orange Belt: PalGwe 1-2 & TaeGeuk 1-2.

Green Belts: PalGwe 1-3 & TaeGeuk 1-3, combination board break with 2 boards, and leg exercises at local testing. Testing at I.S.U. will include Free sparing.

Blue Belts: PalGwe 1-4 & TaeGeuk 1-4, combination board break with spinning side kick.

Brown Belts: PalGwe 1-5 & TaeGeuk 1-5, and break four boards.

ALL BROWN AND ABOVE WISHING TO PRE-TEST WILL BE CHARGED A \$25 PRE-TESTING FEE.

Red Belts: PalGwe 1-7 & TaeGeuk 1-7, and all combinations.

The Board breaking listed are the typical ones used, but they may be changed at testing as determined by the Black Belt Judges.