



Inter

Application For Rank Advancement

Name: _____ Date of Birth: _____

Age: _____ Testing Date: _____ Forms and Fees Handed In? Y / N

Present Rank: _____ Applied Rank: _____

Below is for Testing Instructor ONLY

Is Student's Uniform And Belt Clean? _____ Does Student Have All Required Attendance Stripes? _____
Does Student Have Instructors Approval? _____ (If Applicable) Parent's Approval? _____
Judged By _____ Date _____ Judge's Rank _____

Kicks (Taekwondo)

- Run Jump Front
Spin Hook Kick
Run Jump Round
Back Kick

Forms (Taekwondo)

- Dan-Gun (Grn and HG)
Yul-Guk (Blue and HB)
Week 1,3,5,7 - Thur
Weeks 2,4,6 - Wed

Sparring (Taekwondo)

- Attend Sparring Class
Week 1,3,5,7 - Wed
Weeks 2,4,6 - Thur

Self Defense (Scenario)

- Defense against a straight punch.

Combo #6 (Boxing)

- Cross/Hook/Upper/Knee
Back Kick/Jump Front

Take Downs (Judo/Wrestling)

- Shoulder Throws

Ground (Brazilian JiuJitsu)

- Mount Defense

Philosophy

- What does taekwondo mean?
Purpose of Leadership Academy?
What is State Management?
(Please answer questions on separate piece of paper and turn in for graduation)

Leadership (Green, Blue, and Red Only)

- One Leadership Project
Recorded @ www.Projabi.com

>>>Honors Requirements<<<

- One Leadership Project
Acts of Eco Self Defense
10 Living Heroes

+ All Repetition Requirements

Complete All Requirements >>)

Passed Test

Work on techniques NOT CHECKED. Bring this sheet back to your next class for retesting

Head Instructor In Charge Of Testing

Assistant Instructor/Floor Manager

Projabi.com PBLT (Altruism) Requirement

Required For Solid Belt Only (Green, Blue and Red Belt)

Project Name: _____

Does it meet all 5 PBLT requirements? Y/N (see www.projabi.com)

Description of Project: _____

Project Results: _____

Graduate With HONORS! Honors Requirements

Table with 4 columns: Testing For High-Green Belt, Testing For Blue Belt, Testing For High-Blue Belt, Testing For Red Belt. Rows include Acts of Eco Self Defense, Acts of Healthy Eating, Living Heroes, and Reps of Any Form.

Each Act Must Be Recorded Online (Digital Dojo) or in a hand written journal turned in before testing.

ONLINE JOURNAL RECOMMENDED

www.LeadershipAcademyMartialArts.NING.com

Honors Curriculum - Repetition Requirements

Table with 4 columns: Pushups, Crunches, Kicks, Hands. Each column has a header row for age groups (4-7, 8+) and a grid of 25 boxes for recording repetitions.

1 Box = 20 (All 25 boxes filled would be 500) or 1 Box = 40 (All 25 boxes filled would be 1000)