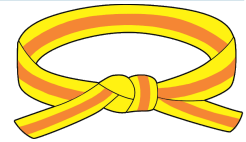


# MASTER YOO'S WORLD CHAMPION TAE KWON DO

921 NE ORENCO STATION LOOP, HILLSBORO, OR 97124

(503)352-5597



## Application for Promotion to ORANGE STRIPE BELT

Please fill in all blanks If you have questions please ask an Instructor for assistance.

Name: \_\_\_\_\_

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

Present Rank: \_\_\_\_\_

Belt Size: \_\_\_\_\_

Date of Test: \_\_\_\_\_

What is the name of your form? \_\_\_\_\_

1. What are the 3 school rules that we say at the end of Tae Kwon Do class?

2. When is your Mother's birthday? \_\_\_\_\_ Father's birthday? \_\_\_\_\_

3. World Champion Tae Kwon Do is a member of the:

A. I.T.F. (International Taekwondo Federation)

B. A.T.F. (American Taekwondo Federation)

C. W.T.F. (World Taekwondo Federation)

D. O.T.A (Oregon Taekwondo Association)

4. When is it okay to use Tae Kwon Do?

A. Whenever I feel like it.

B. When somebody insults you

C. For fighting against people at school

D. For self-defense only

5. Match the words in the right column with the correct meaning on the left

A. Attention \_\_\_\_\_ Jyo Kyo Nim

B. Instructor \_\_\_\_\_ Kyung-ye

C. Bow \_\_\_\_\_ Char-yeot

D. Thank you \_\_\_\_\_ Gam-sa-ham-ni-da

E. How are you \_\_\_\_\_ Ann-yeong-ha-shim-ni-kka

### Orange Stripe Belt Philosophy: Focus (WRITE ON YOUR BOARD)

I pay attention to details.

I sit up straight at my desk.

I make eye contact with people who are talking to me.

When I practice I put all my energy and effort into my techniques.

When we practice with targets I take my time and look before I kick.

Write on the back of your board: **ONE BAD HABIT**

#### SCHOOL USE ONLY

<b>POOMSE</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>KICKING</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>SELF DEFENSE</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>ONE STEP SPARRING</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>FREE SPARRING</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>BREAKING TECHNIQUE</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>