

# LEGACY MARTIAL ARTS

## TESTING PACKET FOR JUNIORS/ TEENS



### Intent to Promote

***Congratulations!*** You are scheduled to test for your next belt. All items must be prepared and submitted together, or you will have to wait for the next testing period. Please submit the testing packet the Thursday prior to Testing Day.

#### Step-By-Step Check List:

1. Print out this entire Packet and complete the Graduation Application on page 2.  
 ***Completed***
2. Have a teacher at school and a parent complete the assessments on pages 3 and 4.  
 ***Completed***
3. Complete the essay described in the "Belt Concept Essay" section on page 4  
 ***Completed***
4. Prepare your exam fee. The amount is **\$35**, payable by cash or check only, no credit cards.
  - a. Make out your check to Legacy Martial Arts LLC
  - b. There is a **\$15** late fee or returned check fee if your exam fee is paid past the due date. ***Completed***
5. Submit your testing packet and testing fee either in person or online. Included should be this Testing Packet, your paragraph/essay, your report card, and your exam fee check.  
 ***Completed***

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

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Age/DoB: \_\_\_\_\_ Testing to Belt Rank: \_\_\_\_\_

Payment Amount (\$35)  Cash or  Check Number \_\_\_\_\_

Current Belt Size (write N/A if not on belt): \_\_\_\_\_

Would you like your next belt to be: (circle) Smaller          Bigger          Same

### **Guidelines:**

For both testing and graduation, be dressed in your complete uniform (no T-shirts) 10 minutes before the event begins.

Be sure that your uniform is clean and neat, with all patches sewn properly.

If you cannot attend your scheduled testing and/ or graduation, you must inform your instructor. Failure to do so may result in waiting for the next testing cycle.

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### Teacher Assessment

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

***To be completed by an educator/teacher at the student's academic school (not necessary if on summer break).***

Dear Teacher/Educator:

At Legacy Martial Arts, we consider academic effort and conduct to be essential to our students' success. Please take a moment to complete this short survey as part of our evaluation process in your student's upcoming Tae Kwon Do examination.

We appreciate your time. If you have any questions, please feel free to call our school at 571.402.2632 or email us at [contact@legacymartialartsva.com](mailto:contact@legacymartialartsva.com).

**1. The student is attentive and respectful during classroom instruction.**

- a. All of the time    b. Most of the time    c. Some of the time    d. Needs work

**2. The student is respectful, courteous, and kind to his/her classmates.**

- a. All of the time    b. Most of the time    c. Some of the time    d. Needs work

**3. The student turns in his/her homework in on time.**

- a. All of the time    b. Most of the time    c. Some of the time    d. Needs work

Teacher's Signature: \_\_\_\_\_

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### Parent Assessment

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

To be completed by a parent.

**1. Child is respectful, kind, and courteous toward his/her parents.**

- a. All of the time   b. Most of the time   c. Some of the time   d. Needs work

**2. Child is respectful, kind, and courteous toward his/her siblings (if applicable).**

- a. All of the time   b. Most of the time   c. Some of the time   d. Needs work

**3. Child keeps his/her room neat and cleans up after him/herself.**

- a. All of the time   b. Most of the time   c. Some of the time   d. Needs work

### Belt Concept Paragraph/Essay

All students in high school and below must submit an essay on the belt concept that corresponds to the belt level for which they are testing. All essays must be legibly written or typed. Parents, you may help your child, but please make sure your child originates the content. We are checking for concepts and the students' understanding. Each essay concept is in relation to the *Seven Qualities of a Champion* for both Life and Martial Arts.

Ages 10 and Under: A paragraph consisting of between 4 – 7 sentences.

Ages 11 – 13: Two paragraphs consisting between 5 – 7 sentences.

Ages 14 – 17: Four Paragraphs Introduction, two body paragraphs, conclusion.

### Paragraph Testing to Novice Blue (write/type on a separate page)

#### "Balance"

*"Balance is not something you find, it's something you create." ~Jana Kingsford*

At this point in your martial arts journey, you are probably getting to the point where your schoolwork is more demanding, your other activities/sports are more serious and time consuming, and your family/friend life is more involved. How do you find *balance* in all aspects of your life? What are you good at finding time for and what do you need to work on? In TKD, how can you improve your physical balance? Why is it important to improve it in the martial arts?