



## Red Belt, Level 2 (1st Gup) Curriculum



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**Sidekicks Family Martial Arts Centers, Inc.**

**January 2011 Edition**

**What Every Red Belt,  
Level 2 (1<sup>st</sup> Gup) Must  
Know in order to test for  
1<sup>st</sup> Degree Black Belt  
Recommended (I)**

# Red Belt, Level 2 Curriculum

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*Students must bring their Journals to class in order to receive stripes.*

## **I Tip:**

- Have a SIDEKICKS Curriculum Journal
- Choong-Moo Pattern by Instructor Count
- Flying Side Kick, ridge hand strike
- Overhand back fist, Middle X-knife hand block
- Current Powerful Word Definition & Project
- Intermediate Sparring Proficiency
- Demonstrate Retention of Previous Patterns

## **Powerful Word:** \_\_\_\_\_

- Clean and Correctly Worn Uniform
- High inverted knife-hand strike
- C-shaped block, 360\* spin, double knife hand
- Self-Defense Module 1 & 2
- Respectful Attitude
- Attend Min 10. Classes

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

By: \_\_\_\_\_

## **II Tip:**

- Choong-Moo Pattern without Count
- High inverted knife-hand strike
- Flying Side Kick, ridge hand strike
- Overhand back fist, Middle X-knife hand block
- Current Powerful Word Definition & Project
- Attend Min 10. Classes

## **Powerful Word:** \_\_\_\_\_

- Definition of Choong Moo
- Intermediate Sparring Proficiency
- C-shaped block, 360\* spin, double knife hand
- Self-Defense Module 3 & 4
- Respectful Attitude

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

By: \_\_\_\_\_

## **II Tip:**

- Choong-Moo Pattern for Performance
- High inverted knife-hand strike
- Flying Side Kick, ridge hand strike
- Overhand back fist, Middle X-knife hand block
- Pre-Test All Requirements
- Attend Min 10 Classes
- Exam Request Form
- Teacher Evaluation Form
- Exam Fee (\$50)

## **Powerful Word:** \_\_\_\_\_

- Demonstrate all Pressure Point locations & use
- Intermediate Sparring Proficiency
- C-shaped block, 360\* spin, double knife hand
- Self-Defense Module 1-4
- Must Repeat all Verbal Requirements
- Current Powerful Word Definition & Project
- Respectful Attitude
- Parent Evaluation Form

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

By: \_\_\_\_\_

*All Skills must equal or exceed Belt Level in order to pass Exam.*

# Study Guide

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**Definition of Choong-Moo Form:** Given name of the great admiral Yi Soon Sin of the Yi Dynasty. Reputed to have invented the first armored battleship (Kobukson) which is said to be the precursor to the modern submarine.

**Definition of Choongsil Philosophy:** Choong Sil Kwan translates literally to mean “The Gym of Constant and Never Ending Improvement” Its purpose is to develop an individual’s mental and physical well being, to achieve an empowering sense of self-worth, and the ability to control one’s physical state and personal destiny. This positive growth cycle not only improves oneself, but also their immediate surrounding world.

## Student Pledge

I do hereby pledge to abide by the following ten rules governing my membership:

1. I understand that the martial arts program strives toward the improvement of the whole person. Therefore, it insists on the constant interaction between the spiritual and physical. I will emulate the high ideals of all ancient cultures such as tolerance, non-violence, respect for my peers, dedication to duty, and honor to my superiors.
2. I shall maintain a good rapport with my school. I will be loyal to the spirit of martial arts as well as to those who are inspired by the martial art spirit. Since I have chosen to become a student of martial arts, I am obliged to be loyal to its spirit.
3. I will not criticize other students an unwritten rule of martial arts requires that students only speak well of other students.
4. I shall be extremely cautious about making promises, but I shall keep the ones I do make.
5. I shall be punctual for class.
6. I shall react in a mature manner to every event, regardless if it is favorable, frustrating, or disastrous, as I represent the school.
7. I will act always with my purpose before me. I will act with sincerity and forthrightness.
8. I will endeavor to overcome my shyness I might feel in front of an audience. In this effort, I will assist my instructors in teaching beginning students whenever possible.
9. I will not hesitate to take necessary risks in order to develop into an ideal martial artist.
10. I will endeavor to finish what I have started, to reach my goals, and set new ones.

# Board Breaking

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At the Red/Black Belt rank, the student continues to demonstrate power at each testing by breaking boards.

Typical requirements are:

- Male Adults - 2 Boards at each station
- Female Adults - 1 to 2 boards each station
- Juniors - through 8 years - only kicking techniques required
- Juniors - 9 through 11years - 1 to 2 Junior board(s) each station

Recommended Red/Black Belt requirements are:

- A) Round kick (right leg)
- B) Round kick (left leg)
- C) Hammerfist or Knife Hand

At testing the student is given three chances to break his or her board stations. Sometimes the instructor (judges) may allow additional attempts if he feels it is appropriate. Inability to break any station may result in a “No Change” in rank especially if the proper technique is at fault. Students should be prepared to set up their board break stations quickly and with a minimum of practice attempts. When ready, the student will face the judges and bow, then begin their breaking attempts. **It is not appropriate to make additional practice attempts after bowing to the judges.**

If you do not break all stations, you may take time to adjust any station and then bow in again. **Always stop and bow in to the judges before making each additional attempt.**

# Free Sparring

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In order to ensure the safety of our students, all are required to use insurance approved safety gear through the school for their hands, feet, head and mouth. Male students are required to wear a groin protector and it is recommended that female students wear chest protectors. **Students will not be allowed to spar without the necessary safety equipment.**

We begin free sparring with a limited selection of techniques. The first sparring set is the “Lead Leg Set”. This allows the student to develop his front leg sidekick, front leg hook kick and front leg round kick, singly and in combination. In addition, the student may use jabs and punches to set up kicks to the body.

As a Blue and Brown Belt the student is allowed to expand their sparring techniques with the “Turning Kick Set” to include both legs. This allows the student to use either left or right foot in the front and to also incorporate turning kicks. At this stage of sparring, it is very important that the student develop combinations utilizing both legs, incorporate turning kicks, and continue to develop blocking skills with both hands.

As a Red and Red/Black Belt the student is allowed to expand their sparring techniques to include light contact hand techniques to the head. Now is the time for the student to perfect guarding the head. At this stage of sparring, it is very important that the student continue development of combinations utilizing the head as a target forcing their opponent to move their guard high or low opening target areas. The student should practice putting together combinations of high and low techniques to take advantage of the unguarded targets.

As a student, it is always fun to spar. However, we must learn to control our actions and to use a variety of techniques. Because these are both so difficult, we must continue developing them in order to advance to Black Belt.

It is important for each student to practice “Respect of Technique” while sparring. Control is to deliver techniques quickly but with light touch in contrast to a full power hit. The student should understand that their partner is also using control and acknowledge techniques that could have hurt if more power had been used by not continuing his or her attack. This is “Respect of Technique” or maybe better referred to as “Respect of Your Partner’s Control of Power”.

The front and sides of the body above the “belt” are approved target areas for hand and foot techniques in all ranks. The head is an approved target for light contact kicks in all ranks. Light contact hand techniques to the head are approved in Red and Black Belt ranks. Anywhere on the helmet is a legal target. All other parts of the body except arm and leg blocking areas are unapproved target areas. (NOTE: face mask, neck or groin areas are not to be targeted. Sweep/take-downs are not allowed until Black Belt and then only with the Chief Instructors permission.

Free sparring demonstrations are continue to be required as part of the Red/Black Belt Testing procedure. The purpose of free sparring at testing is not to score points on your opponent but rather to demonstrate your proficiency in a variety of techniques and assist your partner in doing the same.

## Allowable Free Sparring Techniques

### **Red Belts & Above**

A. All hand techniques with light contact to the head.      D. Turning Front Kick

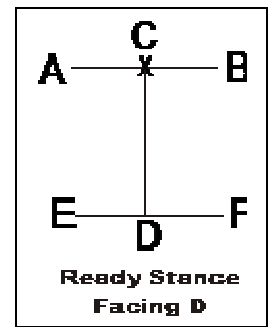
# Choong Moo Pattern

## Pattern – Choong-Moo

Junior Definition: Another name for a great Admiral who invented the first armored battleship.

Traditional Definition:

Choong Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potential, checked by the forced reservation of his loyalty to the king.



MOVEMENTS: 30

READY POSTURE: OPEN READY STANCE

1. Move the left foot to B, forming a left L-stance toward B while executing a knife-hand square block.
2. Move the right foot to B, forming a right front stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A, turning clockwise to form a right L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A, forming a left front stance toward A while executing a high thrust to A with the left flat fingertip.
5. Move the left foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C, forming a right bending ready stance toward C forming a middle guarding block to C.
7. Execute a middle side kick to C with the right foot.
8. Lower the right foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
9. Execute a flying side kick to D with the right foot (two steps then jump and kick with the right foot), Kihop, and then land to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E, turning counter-clockwise to form a left L-stance toward E, at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left front stance toward E, shifting the left foot.
12. Execute an upward kick to E with the right knee, pulling both hands to right hip. Kihop!
13. Lower the right foot to the left foot and then move the left foot to F, forming a left front stance toward F while executing a high front strike to F with the right reverse knife-hand (ridge-hand), bringing the left back hand under the right elbow joint.
14. Execute a high turning round kick to F with the right foot and then lower it to the left foot.
15. Execute a middle spin side kick to F with the left foot. Perform 14 and 15 in a fast motion.
16. Lower the left foot to F, forming a right L-stance toward E while executing a middle guarding block to E with the forearm.

17. Execute a middle turning round kick to E with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C, forming a right L-stance toward C while executing an U-shape block toward C.
19. Jump and spin around counter-clockwise, landing on the same spot to form a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
20. Move the left foot to C, forming a left front stance toward C, at the same time executing a low thrust to C with the right upset fingertip.
21. Execute a high rear strike to D with the right back fist and a low block to C with the left forearm while forming a left L-stance toward C, pulling the left foot.
22. Move the right foot to C, forming a right front stance toward C while executing a middle thrust to C with the right straight fingertip.
23. Move the left foot to B, turning counter-clockwise to form a left front stance toward B while executing a high San-Soo block to B with the left double forearm.
24. Move the right foot to B, forming a horse stance toward C while executing a middle inward block to C with the right outer forearm, and then a high strike to B with the right backfist.
25. Execute a middle turning side kick to A with the right foot, turning counter-clockwise and then lower it to A.
26. Execute a middle turning side kick to A with the left foot turning clockwise.
27. Lower the left foot in a stamping motion to A forming a right L-stance while executing a middle block to B with an X-knife-hand.
28. Move the left foot to B, forming a left front stance toward B while executing an upward block to B with both palms.
29. Move the left foot on line AB (double step turn) and then execute a high block to A with the right forearm while forming a right front stance toward A.
30. Execute a middle punch to A with the left fist while maintaining a right front stance toward A. Kihop!  
 END: Right foot returns to open ready stance.

Notes:

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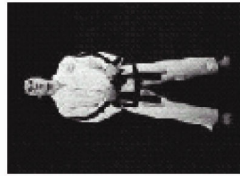
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# CHOONG-MOO

Name given the great Admiral Yi Soon Sin of the Yi Dynasty.  
Reputed to have invented the first armored submarine.



PARAL-  
LEL READY  
STANCE



1. Move left foot to form right back stance while doing twin knife hand blocks.



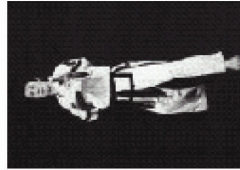
2. Move right foot to form right front stance while doing right inner knife hand strike and left high section knife hand block.



3. Move right foot clockwise 180 degrees to form left back stance while doing middle section double knife hand block.



4. Move left foot to form left front stance while doing left high section spear finger thrust.



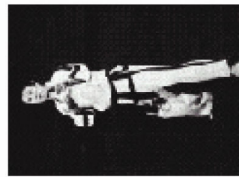
5. Move left foot counter-clockwise 90 degrees to form right back stance while doing middle section double knife hand block.



6. Shift weight to left foot while forming left single leg stance and doing middle section double fist guarding block.



7. Execute right high section side piercing kick.



8. Sliding back, lower right foot to form right back stance while facing 180 degrees and doing middle section double knife hand block.



9. Stepping forward execute jumping right side piercing kick.



10. Land in left back stance while doing middle section double knife hand block.



11. Move left foot counter-clockwise 90 degrees to form right back stance while doing left low section block.



12. Move left foot to form left front stance while doing twin high section spearfinger thrust.



13. Execute right middle section knee strike while lowering both palms.



14. Lower right foot to left then turn counter-clockwise 180 degrees moving left foot to form left front stance while doing right high section ridge hand strike.



15. Execute right high section round kick.

# CHOONG-MOO (Cont.)



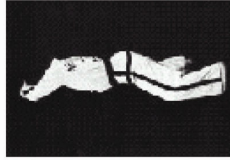
16. Continue turning motion lower right foot next to left then do left high section back kick.



17. Lower left foot to form left back stance facing opposite direction while doing double fist guarding block.



18. Execute left high section round kick at 45 degree angle.



19. Lower left foot to right then move right foot to form left back stance while doing "U" shaped block.



20. Jump counter-clockwise 360 degrees landing in left back stance while doing middle section double knife hand block.



21. Move left foot to form left front stance while doing right low section reverse palm heel strike.



22. Slide back to form right back stance while doing right high section back fist.



23. Move right foot to form right front stance while doing right middle section supported spear finger thrust.



24. Move left foot counter-clockwise 270 degrees to form left front stance while doing left double forearm block.



25. Move right foot counter-clockwise 90 degrees to form middle sitting stance while doing middle section outer forearm block to front.



26. Execute right high section back fist.



27. Execute right high section turning side kick.



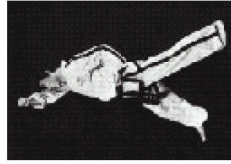
28. Execute left high section turning side kick.



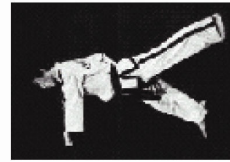
29. Lower left foot to right then step right foot to form left back stance while doing middle section "X" block.



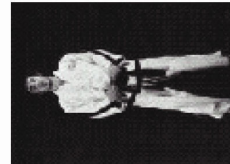
30. Move left foot to form left front stance while doing twin palm heel upward blocks.



31. Move left foot to line with right then turn counter-clockwise 180 degrees then move right foot to form right front stance while doing right high section block.



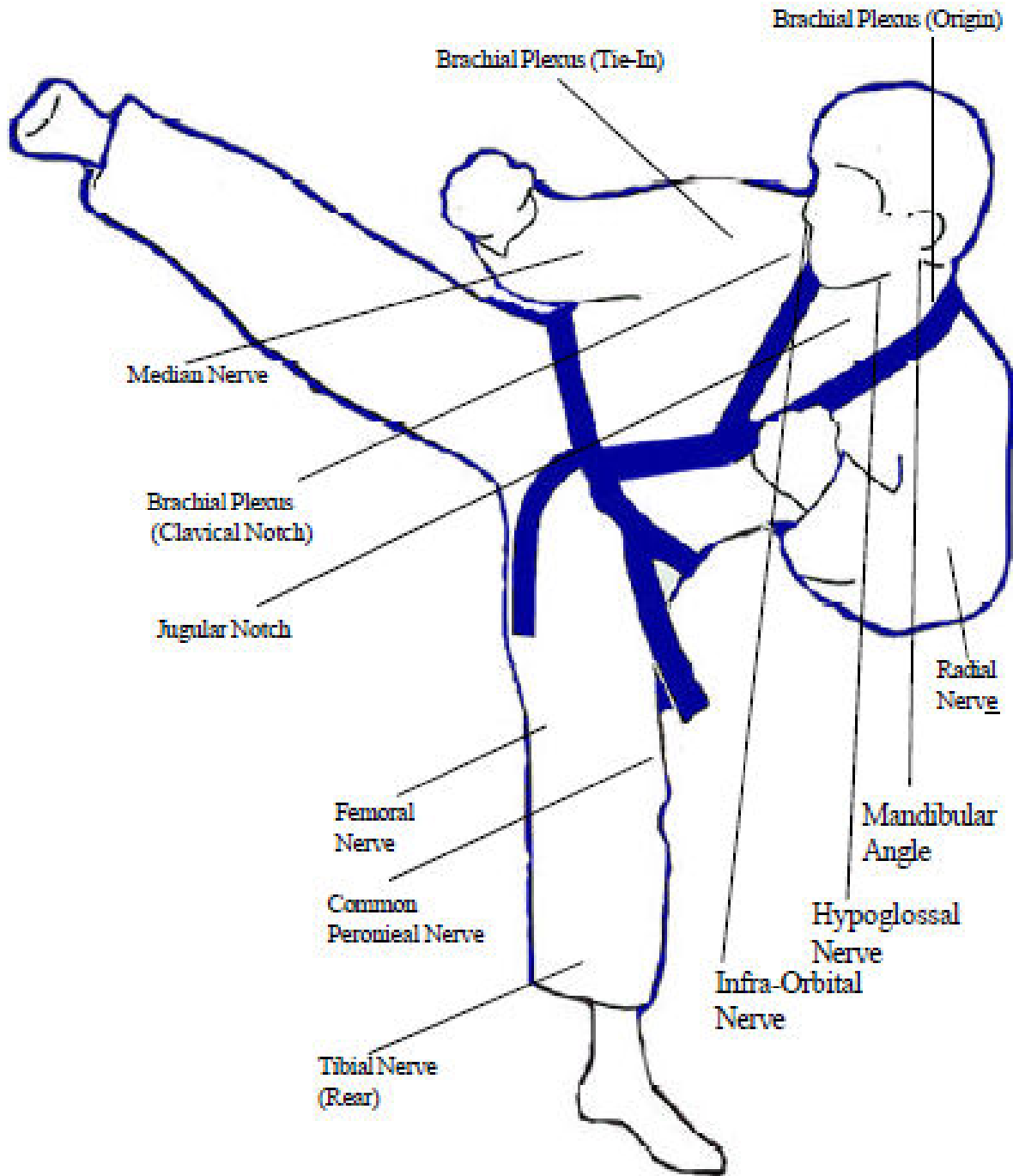
32. Execute middle section left reverse punch.



END: Right foot returns to parallel ready stance.

# Pressure Point Locations

## Pressure Point Locations



# Powerful Words Personal Development

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The Powerful Words Character Development Program provides one of the foundational tools by which the instructors and students at Sidekicks Family Martial Arts Centers learn and implement positive personal development and character strategies into their everyday lives. Developed by our Personal Development Specialist, Dr. Robyn Silverman, the Powerful Words program is implemented into the daily classes through classroom discussions, online blog posts and emails, and take-home prompts for further discussion and thought. The program is taught at all age levels with the needs of each group and learning styles in mind. Quite simply, Sidekicks is committed to being the number one personal development center in every community we serve and Powerful Words is one of the key factors in our success.

**Powerful Word:** \_\_\_\_\_ **Month/Year:** \_\_\_\_\_

**Definition:** \_\_\_\_\_

\_\_\_\_\_

**My Reflections/Takeaways:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Powerful Word:** \_\_\_\_\_ **Month/Year:** \_\_\_\_\_

**Definition:** \_\_\_\_\_

\_\_\_\_\_

**My Reflections/Takeaways:** \_\_\_\_\_

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**Powerful Word:** \_\_\_\_\_ **Month/Year:** \_\_\_\_\_

**Definition:** \_\_\_\_\_

\_\_\_\_\_

**My Reflections/Takeaways:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Learn more about the current month's Powerful Word, as well as personal development strategies, parenting tips, self-defense tips, fitness tips, and more at [www.Sidekicks-Online.com](http://www.Sidekicks-Online.com)*

# Testing

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Congratulations! You have worked hard and have received an invitation to test.

Testing is an important part of our teaching program. You must be sure that you are prepared by learning all your patterns, definitions, drills and self-protection. This manual is designed to help prepare you for testing as well.

In addition, at Green Belt and above, you will be expected to demonstrate what you have learned regarding free-sparring. At Blue Belt and above, you will be expected to participate in a power demonstration by breaking wood. Be sure you have discussed your breaking techniques with your instructor prior to the testing. Wood is provided at the testing.

Come a little early to allow time to warm up prior to the testing and ask any last minute questions that you may have. **Remember, this is a formal occasion and requires that you wear your traditional white uniform!**

You know that you are eligible for testing when you receive a testing invitation letter. You will need to register in advance of the testing date. To register turn in the completed invitation along with your testing fee to the office.

In addition, all student tuition must be current.

Testing is a very special occasion and a great time to demonstrate to your family and friends how much you have achieved! Be sure to bring them with you to the testing.

***Good Luck!***

# Weekly Job List

*Develop Good Habits that Last a Lifetime*

*This list belongs to : \_\_\_\_\_ Week of: \_\_/\_\_/\_\_*

## **Personal Care**

|                                 | Mon.                     | Tu.                      | Wed.                     | Th.                      | Fri.                     | Sat.                     | Sun.                     |
|---------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Clean room                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Make my bed                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hang up my clothes              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Put away all personal belonging | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## **Self Care**

|   |                          |                          |                          |                          |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Brush my teeth (a.m./p.m.)& put away toothpaste | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Take my bath                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Put all dirty clothes in the laundry            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Lay out my school clothes                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Clear my mind (meditation) for 10 min.          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Review my day.                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Did I like how I used my day? How did I feel?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## **School**

|   |                          |                          |                          |                          |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Complete homework                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Did I work hard & take pride in my lessons?             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Remember: Lunch money, notes from teachers, books, etc. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Did I treat my classmates & teachers with respect?      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| One kind act everyday                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## **Family**

|  |                          |                          |                          |                          |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Pick up all personal belongings around the house   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Clean up after meals & snacks (take out the trash) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Did I treat my family with love and respect?       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Said please, thank you & excuse me                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## **Martial Arts**

|   |                          |                          |                          |                          |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Stretch for 5 minutes before going to bed | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Practice for 10 minutes                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Review Student Creed                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- Note: blank spaces are left for you to fill in your special jobs.
- Inspected by: \_\_\_\_\_ (Parent or guardian)

# Jr. Yellow Belt, Level 1 Parent Evaluation Form

*This Form to Be Filled Out By a Parent or Guardian Only*

## Dear Parent:

Please take a few moments and fill out the following questions. The purpose of this information is to find out more about your child's home and school habits. We strongly believe that the combination of good habits at our center, your home and your child's school are important parts of developing habits that can benefit your child's future.

Student's name: \_\_\_\_\_ Parent's name: \_\_\_\_\_

Start date: \_\_/\_\_/\_\_ Today's date: \_\_/\_\_/\_\_ Exam date: \_\_/\_\_/\_\_

|   | Excellent                | Mostly                   | Needs Work               |
|---|--------------------------|--------------------------|--------------------------|
| Does your child show respect to you and other family members?       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does your child greet you when you enter the house?                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does your child say good-bye when you leave?                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is your child truthful?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does your child maintain a good relationship with his/her siblings? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does your child keep his/her room neat and clean?                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Is your child careful not interrupt adult conversations?            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does your child study both at school and at home?                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does your child show respect for his/her school teachers and peers? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does your child clean up after meals and snacks?                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does your child do what he/she is told the first time you ask?      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

***Please list 3 areas that your child has improved on since starting our program :***

(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

***Please list 3 areas that your child needs to improve on:***

(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

***The following is a list of special services that we offer.***

***Please check the appropriate ones so we can send you more information about them:***

- Private lessons       Black Belt Club       Self defense seminars for women  
 Video tape instruction series       Adult classes       Family classes       Birthday parties  
 Please send me free gift certificates so I can share them with my friends and family

***Thank you for taking the time to fill out this form.***

***Please be sure to sign and return this form one week prior to your child's Belt exam.***

**Exam fee:** \$50

Check # \_\_\_\_\_

Cash

Credit card

Please make check payable to :SIDEKICKS

I approve this student to take the Belt exam.      Signature: \_\_\_\_\_

# Jr. Yellow Belt, Level 1 Teacher Evaluation Form

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*This form is to be filled out by a school teacher only.*

## **NOTICE OF INTENT TO PROMOTE**

\_\_\_\_\_ to the rank of \_\_\_\_\_ on \_\_\_\_\_.

Dear Teacher:

As part of our training program at Sidekicks Family Martial Arts Centers, we do our best, as you do, to instill in our young students the qualities that will help them throughout their lives. These qualities include:

### **Focus, Respect, Self-Discipline, Self-Control, and Good Manners**

After several weeks of hard work and dedication the student above is testing for a new license level. When our students enroll, we insist they strive hard to perform well in their schoolwork. In that regard, please grade this student's performance in the following areas.

Grades/Scholarship       Excellent     Good       Fair       Poor

Concentration/Effort:     Excellent     Good       Fair       Poor

Manners/Conduct:       Excellent     Good       Fair       Poor

Signed \_\_\_\_\_ Date \_\_\_\_\_

School Name \_\_\_\_\_

Should this student's work fall below your expectations we will postpone the test until a later date.

Should you like to attend the testing and meet fellow educators, we would be happy to invite you to the test. If you have any questions, please feel free to call us at (813) 661-2224. We are also available for school talks on concentration and focus. If you would like more information please include your phone number and e-mail address \_\_\_\_\_

Sincerely Yours,

Manny Cabrera, Chief Instructor

# Color Belt Exam Form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ HT: \_\_\_\_\_ WT: \_\_\_\_\_ SEX: \_\_\_\_\_

SIDEKICKS LOCATION: \_\_\_\_\_

I recognize that belts and certificates (if applicable) are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree reflects a specific level of competence. In order to keep the quality of our program high, I agree not to teach Taekwon-Do to anyone without written permission of the President of SIDEKICKS.

I understand that the promotion fee for myself is \$50.00 (includes belt, certificate, examination fee) and I have made full payment of it. By signing below I agree to abide by the above and all the rules and regulations of SIDEKICKS.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date



*Empower Your Family for Life.*

\_\_\_\_\_  
Signature of Parent or Guardian (If Under 18 Years Old)

## FOR OFFICIAL USE ONLY

VERBAL: \_\_\_\_\_ FORM: \_\_\_\_\_

BASICS: \_\_\_\_\_ SPAR: \_\_\_\_\_

PARENT / TEACHER FORMS: \_\_\_\_\_

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

RECOMMENDED RANK: \_\_\_\_\_

Judges's Signature: \_\_\_\_\_

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

