

**America's Best Karate**  
**Notice of Intent to Promote (Green-1)**

Name \_\_\_\_\_

Dear Parents and Teachers,

At America's Best Karate, it is our main objective to develop well-rounded students, not only in the studio, but in society as well. If our students do not meet the following qualifications, either at home or at school, we will withhold the promotion until satisfactory progress has been made.

Answers for the following questions can be found on our website at [www.abksunnyvale.com](http://www.abksunnyvale.com). The answers will be under curriculum. Students can turn this form into an instructor who will orally test the student. Forms should be turned in any time before the scheduled testing date, not the day of.

**Students, please complete the following:**

1. Courage is to do something in spite of \_\_\_\_\_ or \_\_\_\_\_
2. What are the 3 parts to a spin back kick? \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
3. Explain what confidence means.
  
4. What is a win/win situation?

**Teachers, please complete the following:**

This student has been receiving passing grades and is respectful at school.

Yes \_\_\_\_\_ No \_\_\_\_\_ If no, please explain on back. \_\_\_\_\_  
Teachers Signature

**Parents, please complete the following:**

My child's attitude is deserving of advancement to the next belt level.

Yes \_\_\_\_\_ No \_\_\_\_\_ \_\_\_\_\_  
Parents Signature