

LEAD BY EXAMPLE TAE KWON DO

Intent To Promote Form

Student Name

Rank Promoted To

Dear Special Friend or Spouse,

The student named above will be evaluated for his/her next belt. Using your best judgment, please answer the following questions regarding the student's character.

1. My friend/spouse is considerate and courteous to others.
a. All of the time b. Most of the time c. Some of the time d. Needs work
2. My friend/spouse is honest and truthful to himself/herself and to others.
a. All of the time b. Most of the time c. Some of the time d. Needs work
3. My friend/spouse is diligent in completing all tasks whether it be home or work related.
a. All of the time b. Most of the time c. Some of the time d. Needs work

Signature_____ Date_____

Additional Comments _____

Dear Tae Kwon Do Instructor,

Please answer the following regarding the student's behavior in class.

1. My student is attentive and respectful during class.
a. All of the time b. Most of the time c. Some of the time d. Needs work
2. My student leads by example in class and answers with a "Yes Sir/Ma'am."
a. All of the time b. Most of the time c. Some of the time d. Needs work
3. My student is committed to doing his/her best and gives 100% effort in class.
a. All of the time b. Most of the time c. Some of the time d. Needs work
4. My 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

Instructor's Signature_____ Date_____

Additional Comments _____

QUALIFICATION REQUIREMENTS

4th Stripe Evaluation Date	Evaluation Time
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- 1. Do not fold this sheet!**
- 2. Please bring with you to 4th Stripe Day the following: Full uniform, Equipment, ITP Form, Prepare for Written or Oral Exam.**

White and Brown Belts must also bring TKD Notebook

White Belts must also recite the 4 Daily Affirmations

- 3. Please answer the following questions:**

	YES	NO
1. I have 3 complete stripes on my belt	____	____
2. I have achieved some or all previous power goals (Gold +)	____	____
3. I have submitted new power goals	____	____
4. I have referred a friend in the past 3 months	____	____
5. I have received a VIP Card and have given it to my friend: Name _____ Phone # _____	____	____
6. I have attended school sponsored events (PNO, Intramurals, etc)	____	____
7. To reach BLACK BELT is my goal!	____	____

POWER GOALS:

Goals we set, are goals we get! (As long as you take action)

List 2 power goals that you wish to achieve within the next 12 months. Make sure your goals are specific, have a definite time to be completed and a specific plan of action. Below is an example of a wimpy goal and a POWER goal. Make sure at least one is TKD related. (Parents of young children may help set goals)

WIMPY GOAL: My goal is to be able to kick high by next year. I will achieve this goal by practicing everyday.

POWER GOAL: My goal is to be able to do a waist high side kick by May 28, 2007. I will achieve this goal by practicing 10 slow side kick on each leg everyday until achieved

POWER GOAL #1 _____

Date to be Achieved _____ **Plan of Action** _____

POWER GOAL # 2 _____

Date to be Achieved _____ **Plan of Action** _____

Suggestions to help make us better: _____

Testimonial (Optional) _____