

MBA SENIOR COLOUR BELT APPLICATION FORM

TITLE FORENAME: SURNAME:

D.O.B. AGE: LICENCE NO:

GRADE APPLIED FOR EXAMINATION WINDOW: TIME AT GRADE

YOUR TRAINING PROGRESS & PRE GRADING SELF ASSESSMENT - TO BE COMPLETED BY STUDENT

PATTERNS: I CONFIRM I CAN COMPLETE ALL PATTERNS FROM CHON-JI TO MY CURRENT GRADE PATTERN (Y/N)

(IF UNSURE ABOUT ANY PATTERN PLEASE SPEAK TO AN INSTRUCTOR / BLACK BELT COACH TO GO OVER PATTERN BEFORE SUBMITTING APPLICATION)

KNOWLEDGE: I CONFIRM I HAVE BEEN STUDYING THE FOLLOWING ELEMENTS OF TKD KNOWLEDGE:

	Y	N
BELT MEANINGS FOR ALL COLOURS INCLUDING THE GRADE I AM APPLYING FOR	<input type="text"/>	<input type="text"/>
PATTERN MEANINGS FOR ALL PATTERNS I HAVE LEARNED	<input type="text"/>	<input type="text"/>
TRAINING SECRETS (MINIMUM GREEN 1-3 / BLUE 1-6 / RED TAG+ 1-9)	<input type="text"/>	<input type="text"/>
GEN KNOWLEDGE INC: FOUNDER, TENETS, MEANING OF TKD, COUNTRY OF ORIGIN	<input type="text"/>	<input type="text"/>
GREEN / BLUE BELTS - DEVELOPING KNOWLEDGE OF KOREAN FOR TECHNIQUES:	<input type="text"/>	<input type="text"/>
RED TAG & ABOVE - GOOD KNOWLEDGE OF KOREAN FOR ALL TECHNIQUES LEARNED:	<input type="text"/>	<input type="text"/>

COURSES & EXTRA CONTRIBUTIONS IN TAEKWON-DO

PLEASE PROVIDE DETAILS AND DATES WHERE APPLICABLE OF ADDITIONAL LEARNING & CONTRIBUTION IN TAEKWON-DO

PARTICIPATION IN LEADERSHIP TEAM

ASSISTING AT GRADINGS / COMPETITIONS

ATTENDED MBA TECHNICAL WORKSHOP/SEMINAR:

OTHER RELEVANT LEARNING / CONTRIBUTION:

STUDENT & PARENT SIGNATURE

STUDENT DECLARATION - I WILL PREPARE FOR GRADING THROUGH ATTENDANCE AT CLASS & HOME PRACTICE.

STUDENT DECLARATION (UNDER 16) - I PROMISE TO MAINTAIN A POSITIVE & RESPECTFUL ATTITUDE AT HOME, AT SCHOOL AND IN THE ACADEMY

PARENT DECLARATION - I ALLOW MY CHILD TO APPLY TO GRADE. I AM HAPPY THAT MY CHILD IS DISPLAYING A POSITIVE & RESPECTFUL ATTITUDE AT HOME AND IS CONTRIBUTING WITH DAILY CHORES

SIGNATURE:
SIGNATURE:
SIGNATURE:



MBA INSTRUCTOR GRADING APPLICATION ASSESSMENT - TO BE COMPLETED BY INSTRUCTOR:

THIS FORM IS USED TO ASSESS STUDENTS READINESS TO GRADE AND PROVIDE DEVELOPMENTAL FEEDBACK TO STUDENTS.
THE RED/AMBER/GREEN RATING GIVES STUDENTS A CLEAR VIEW OF AREAS THEY ARE PROGRESSING WELL IN VS WHERE IMPROVEMENT IS NEEDED

ATTITUDE AND EFFORT IN TRAINING	RED	AMBER	GREEN
STUDENT SHOWS A POSITIVE ATTITUDE TOWARDS TRAINING & GOOD FOCUS/DISCIPLINE IN CLASS			
STUDENT CONSISTENTLY SHOWS HIGH LEVEL OF EFFORT TO WORK HARD AND IMPROVE IN CLASS			

PATTERNS:	RED	AMBER	GREEN
ABLE TO COMPLETE ALL PATTERNS START TO FINISH WITH CONFIDENCE:			
STANCES CONSISTENTLY CORRECT (WIDTH/LENGTH/FOOT ANGLES)			
TECHNIQUES PERFORMED CORRECTLY (PREPARING / CROSSING, HEIGHT, TOOL ETC)			
KICKS EXECUTED CORRECTLY WITHIN FLEXIBILITY RANGE (CHAMBER, FOOT TOOL, BODY POSITION)			
ALL TECHNIQUES EXECUTED WITH MAXIMUM POWER (WE SHOULD SEE A JOLT!)			

TECHNIQUES:	RED	AMBER	GREEN
UNDERSTANDING OF KOREAN COMMANDS			
STANCES CONSISTENTLY CORRECT (WIDTH/LENGTH/FOOT ANGLES)			
TECHNIQUES PERFORMED CORRECTLY (PREPARING / CROSSING, HEIGHT, TOOL ETC)			

STEP SPARRING (SEE SYLLABUS FOR REQUIREMENTS)	RED	AMBER	GREEN
ABLE TO COMPLETE SEQUENCES 1-5 IN 3 STEP SPARRING			
ABLE TO COMPLETE 2 -STEP SEQUENCES RELEVANT TO GRADE			
ABLE TO COMPLETE 1 -STEP SEQUENCES RELEVANT TO GRADE			
GOOD TECHNICAL PERFORMANCE (STANCE, CORRECT TECHNIQUE, POWER)			

SPARRING / BAG & PAD WORK (SEE SYLLABUS FOR REQUIREMENTS)	RED	AMBER	GREEN
SETUP - CORRECT STANCE, BODY POSITION & GUARD			
EXECUTION - CORRECTLY EXECUTE TECHNIQUES & COMBINATIONS			
POWER - SHOWS POWER, DETERMINATION & STAMINA			

SELF DEFENCE (SEE SYLLABUS FOR REQUIREMENTS)	RED	AMBER	GREEN
KNOWLEDGE OF DEFENCE AGAINST STAND UP ATTACKER AT CLOSE/MID/LONG RANGE			
KNOWLEDGE OF GROUND DEFENCE AGAINST STANDING / MOUNTED ATTACKER			
KNOWLEDGE OF DEFENCE AGAINST OPPONENT ARMED WITH KNIFE/BLUNT WEAPON			

APPLICATION OUTCOME:		COMMENTS:
APPROVED	<input type="checkbox"/>	
APPLICATION PENDING - IMPROVEMENTS NEEDED	<input type="checkbox"/>	
APPLICATION NOT APPROVED	<input type="checkbox"/>	

DATE: REVIEW DATE IF REQ'D INSTRUCTOR SIGNATURE: