



# Action Family ATA Martial Arts

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

Fill out and Return one week prior to testing in order to test for your next rank

## Rank: Blue Belt

### Blue Belt means:

- The tree reaches for the sky toward new heights.
- Having passed the mid-way point, the student focuses his/her energy upward toward black belt.
- The sky appears as blue.

### Testing Requirements:

- Suggested Minimum Number of Classes to Test: 16
- Suggested Minimum Number of Sparring Classes to Test: 3
- Rank Form: In Wha One or In Wha Two
- Old Forms: Songahm One, Two and Three
- Board Breaks: One break with a hand technique

### Every time you practiced check it off in the boxes below

Practice what you know- even if its just a few moves

Your Rank Form																	
Old Forms																	
Board Brake Technique																	

- \_\_\_\_\_ Test for your Form Stripe
- \_\_\_\_\_ Test for your Board Break/Old Form Stripe
- \_\_\_\_\_ Test for Your Detail Stripe
- \_\_\_\_\_ Turn your Testing Sheet in at class for a Green Star

Self-Control	Integrity
<p><b>Self-Control</b> means taking control over the way you act and behave. It means taking control of your thoughts, words, attitude and actions in a positive way. <b>Self-Control</b> can mean doing what you <i>need</i> to do rather than what you <i>want</i> to do.</p> <p>As Eternal Grand Master H.U. Lee said- "<i>Self-Control is when we can say 'yes' to what takes us closer to our goals and when we can say 'no' to what keeps us from being great.</i>"</p>	<p><b>Integrity</b> means doing the right thing and standing up for what you believe in, even if no one is watching.</p> <p>What is an example of something you should stand up for?</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>How can you show Self-Control when you are...</p> <p>...watching T.V.? _____</p> <p>_____</p> <p>...doing homework? _____</p> <p>_____</p> <p>...angry at someone? _____</p> <p>_____</p> <p>...practicing Taekwondo? _____</p> <p>_____</p>	<p>How have you used <b>Integrity</b> in the past?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Why is it important to use <b>Integrity</b>?</p> <p>_____</p> <p>_____</p> <p>_____</p>

## Due one week prior to testing date

My child has **completed all practices** and has **demonstrated a Positive Black Belt Attitude at home and school** during the Testing Cycle. I hereby give him/her my permission to achieve his/her next Belt Rank at Testing.

**All fees must accompany Testing Sheets**

\_\_\_\_\_ Cash      \_\_\_\_\_ Check      \_\_\_\_\_ Run Credit Card on file

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_