



Action Family ATA Martial Arts

Name: _____

Fill out and Return by the due date in order to test for your next rank

Rank: White Belt												
White Belt Philosophy												
<ul style="list-style-type: none"> ➤ Pure and without the knowledge of Songahm Taekwondo ➤ As with the Pine Tree, the seed must now be planted and nourished to develop strong roots ➤ The student has no knowledge of Songahm Taekwondo and begins with a clean (pure) slate 												
Testing Requirements:												
<ul style="list-style-type: none"> ➤ Suggested Minimum Number of Classes to Test: 16 ➤ Rank Form: Songahm One ➤ One-Step Sparring: One-Step #1, #2 and #3 ➤ Songahm Spirit of Taekwondo 												
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												
One-Step #1												
One-Step #2												
One-Step #3												
Songahm Spirit of Taekwondo												
<ul style="list-style-type: none"> _____ Test for your Form Stripe _____ Test for your One-Steps Stripes _____ Test for Your Detail Stripe _____ Turn your Goal Sheet in at class for a Green Star 												

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.

Testing Fees for White- Rec. Black- See front counter

All fees must accompany Testing Goal Sheets

Life Skill Sheets must accompany Testing Goal Sheets

All Testing Sheets turned in on or before the Due Date will receive \$10.00 off Testing.

_____ Cash _____ Check _____ Run Credit Card on file

Parent Signature: _____ Date ____/____/____