

DRAGON GYM

BELT PROMOTION TEST FORM

STUDENTS PLEASE COMPLETE THE FOLLOWING

Students may only test if they have all 8 stripes. Forms must be COMPLETED and HANDED IN AT THE START OF THE TEST.
Once a student has tested, we kindly ask that they DO NOT ATTEND AGAIN that week until their respective belt ceremony.

FIRST NAME: _____ WHAT CLASS ARE YOU IN?: _____
 LAST NAME: _____ WHAT BELT ARE YOU NOW? _____
 AGE: _____ WHAT BELT ARE YOU TESTING FOR? _____

PARENTS & SCHOOL TEACHERS PLEASE COMPLETE THE FOLLOWING

(To qualify to earn a gold star, the a parent and school teacher must fully complete the following. Please see Page 3 for more info.)

Parent rating on behavior & attitude: Excellent - Good - Poor

Parent's Signature: _____ Notes: _____

School Teacher rating on behavior & performance: Excellent - Good - Poor

School Teacher's Signature: _____ Notes: _____

★ Instructors Only: Pass Gold Star? YES - NO ★

MARK YOUR CALENDARS: BELT TESTING IS DECEMBER 4-9

<i>EARLY</i>	BASIC	CORE	EXTREME	JUNIOR BLACK BELT
TEST AND CEREMONY Monday 1:15 PM Monday 4:15 PM Wednes. 1:15 PM Wednes. 4:15 PM Friday 4:15 PM	LEVEL 1 TEST: WHITE, ORANGE, & YELLOW BELTS Monday 4:45 PM Tuesday 4:15 PM LEVEL 2 TEST: GREEN BELT & UP Wednes. 4:45 PM Thursday 4:15 PM CEREMONY Friday 5:00 PM	LEVEL 1 TEST: WHITE, ORANGE, & YELLOW BELTS Monday 5:30 PM Tuesday 5:00 PM LEVEL 2 TEST: GREEN BELT & UP Wednes. 5:30 PM Thursday 5:00 PM CEREMONY Friday 5:45 PM	LEVEL 1 TEST: WHITE, ORANGE, & YELLOW BELTS Monday 6:15 PM Tuesday 5:45 PM LEVEL 2 TEST: GREEN BELT & UP Wednes. 6:15 PM Thursday 5:45 PM CEREMONY Saturday 9:30 AM	JBB Stripe Testing Tuesday 6:30 PM Thursday 6:30 PM JBB Elite Stripe Testing Tuesday 5:45 PM Thursday 5:45 PM CEREMONY Saturday 10:15 AM

INSTRUCTORS ONLY

Presentation	Grade	Notes
Proper Uniform	1 - 2 - 3 - 4 - 5	
Attendance	1 - 2 - 3 - 4 - 5	
Level of Effort	1 - 2 - 3 - 4 - 5	
Behavior During Entire Test	1 - 2 - 3 - 4 - 5	
Skills	Grade	Notes
1. Red	1 - 2 - 3 - 4 - 5	
2. Blue	1 - 2 - 3 - 4 - 5	
3. Green	1 - 2 - 3 - 4 - 5	
4. Yellow	1 - 2 - 3 - 4 - 5	
5. Orange	1 - 2 - 3 - 4 - 5	
6. White	1 - 2 - 3 - 4 - 5	
7. Black	1 - 2 - 3 - 4 - 5	
8. Purple	1 - 2 - 3 - 4 - 5	
Total Score (36/60 to pass):		

DRAGON GYM

TEST QUESTIONS: MUST BE COMPLETED & HANDED IN WITH TEST FORM

EARLY STUDENTS: What will be your promise to your parents?

BASIC STUDENTS: What will be your promise to you parents? What can you do every day to keep your promise?

CORE STUDENTS: (answer the question according to your current belt color)

- Core White Belt: What two things, besides physical techniques, should you be practicing? What is your favorite part about class so far? What is your least favorite part?
- Core Orange Belt: When someone says "just be yourself," what does that mean? How can you set a good example for new students on how to be yourself?
- Core Yellow Belt: What does "fitting in" mean? What are two ways you can help new students feel as though they "fit in"? What is your favorite technique to use in board breaking?
- Core Green Belt: What does Black Belt mean to you? What are you most excited to learn and do as you continue to train in martial arts? Write a promise to yourself about your training.
- Core Purple Belt: What are some things you can do to make sure you are on time for class? Why it important to be punctual? What does being tardy say about you to others? How can you make "timeliness" a habit?
- Core Blue Belt: Record three ways you can work toward receiving an "Excellent" from both your parents and your teachers (6 methods in total). What should you do if you don't receive your gold star?
- Core Brown Belt: Every class, we state that we are at Dragon Gym to learn self defense and to improve our character. What does this mean? How would you define "character" in your own words? Give 3 examples of "good" character.
- Core Red Belt: What are you most excited for when you move up to the Extreme class? Define perseverance, and explain how it relates to your martial arts journey. How you will persevere through obstacles in the near future.
- Extreme Recommend: What does Black Belt mean to you? Write down three goals that you have for yourself: 1 academic goal, 1 martial arts goal, and 1 personal goal. How will you achieve each of these three goals?

EXTREME STUDENTS: ALL Extreme Skillz students must answer the following:

- Define CONTROL. Then answer one, or both of the following:
 1. Here's an example: you and a friend have gotten into an argument. You promised them you'd be at their birthday party but now you can't. What can you CONTROL in this situation? Is there anything you are unable to CONTROL? Describe two ways you can use CONTROL to help amend the situation and keep your friendship in tact.
 2. As Dragon Gym students, what can / should you exert CONTROL over as leaders in the community? How does this aspect of CONTROL work? For example, if you were/are a Junior Instructor, what should you work to control?

JUNIOR BLACK BELT STUDENTS: Each question must be answered with a 5-7 sentence paragraph (at least!). For each Dan, students must answer with an additional paragraph. (i.e. 2nd Dan = 2 paragraphs, 3rd Dan = 3)

- White Stripe: What does black belt mean to you? How has your understanding changed as your training has progressed?
- Orange Stripe: Why is it important to break boards?
- Yellow Stripe: As a black belt, how should you contribute to your community? Describe three ways you can get involved and volunteer to help those less fortunate than you.
- Green Stripe: What does perseverance mean? Explain the difference between physical, mental, and emotional perseverance. Why are each of these important?
- Purple Stripe: What is your greatest goal in your life? List three obstacles that may stand in your way. What will you do to get past these obstacles to achieve your goal?
- Blue Stripe: Define patience. Why is patience important as a Black Belt? Why is patience important at school? Why is patience important at home? Explain how you would teach patience to a younger student who looks up to you.
- Brown Stripe: What does integrity mean? Why is it important to have integrity? Describe a person that you look up to that exemplifies your definition of integrity. What other characteristics do they possess that make them a strong role model?
- Red Stripe: List 5 words that describe your character. Are there times where you deviate from these character traits? How do you deal with that?
- Ee Dan Bo: In order to be self aware, we have to be able to understand our personal values. What are some questions you can ask yourself to determine what you value most in your life? Write three questions for yourself, and then answer them.
- Ee Dan Bo Stripe: Have you ever been in a situation where you felt as though your decisions were being made by the group instead of by you? Write about it. How do you feel about it? What did you learn from it? If placed in that situation again in the future, what could you do to ensure that you stick by what you value most?

DRAGON GYM

BELT TESTING INFO SHEET

SKILLZ COLOR BELT & STRIPE TESTING SCHEDULE:

DECEMBER 4-9

EARLY

BASIC

CORE

EXTREME

JUNIOR

**BLACK
BELT**

TEST AND
CEREMONY

LEVEL 1 TEST:

LEVEL 1 TEST:

LEVEL 1 TEST:

JBB Stripe Testing

Monday 1:15 PM
Monday 4:15 PM
Wednes. 1:15 PM
Wednes. 4:15 PM
Friday 4:15 PM

WHITE, ORANGE,
& YELLOW BELTS

WHITE, ORANGE,
& YELLOW BELTS

WHITE, ORANGE,
& YELLOW BELTS

Monday 4:45 PM

Monday 5:30 PM

Monday 6:15 PM

Tuesday 6:30 PM

Tuesday 4:15 PM

Tuesday 5:00 PM

Tuesday 5:45 PM

Thursday 6:30 PM

LEVEL 2 TEST:

LEVEL 2 TEST:

LEVEL 2 TEST:

JBB Elite Stripe

GREEN BELT & UP

GREEN BELT & UP

GREEN BELT & UP

Testing

Wednes. 4:45 PM

Wednes. 5:30 PM

Wednes. 6:15 PM

Tuesday 5:45 PM

Thursday 4:15 PM

Thursday 5:00 PM

Thursday 5:45 PM

Thursday 5:45 PM

CEREMONY

CEREMONY

CEREMONY

CEREMONY

Friday 5:00 PM

Friday 5:45 PM

Saturday 9:30 AM

Saturday 10:15 AM

DRAGON GYM'S UPCOMING EVENTS

11/23 - 11/26: **CLOSED for Thanksgiving Weekend**

11/27 - 12/2: **Review Week**

12/4 - 12/9: **Skillz & JBB Stripe Testing**

12/11 - 12/16: **Buddy Week** (Monday & Tuesday: Parents' Days; Wednesday & Thursday: American Ninja Warrior; Friday & Saturday: Game Days)

12/18-12/22: **Ninja Week!** We'll be holding mini kids workshops on Muay Thai, Jiu Jitsu, Hapkido, and more!

12/23-12/25: **CLOSED for the Christmas Holiday**

12/30-1/1: **CLOSED for the New Years Holiday**

WHAT IS A GOLD STAR?

PARENTS AND TEACHERS PLEASE READ

With each belt test we ask for feedback on how your child is doing at home and at school.

So, we'll need some info when it comes times for a belt promotion. On the student's test form, you'll let us know if your child is doing "Excellent", "Good" or "Poor" at home in terms of attitude, behavior, listening, getting along with siblings, etc.

We also ask that you get similar feedback from your child's school-teacher. As long as a student receives "Good" from both you, the parent, and his/her school teacher, they will be eligible for belt promotion. If your child receives two "Excellent" scores then they will be awarded a Gold Star at the belt promotion to wear on their uniform collar. Finally, if any "Poor" ratings are indicated a conversation between the instructors and parents should occur. During this conversation, we will discuss ways to improve this rating and if belt promotion should be withheld for a period of time.