



CURRENT LADY TIGERS BLUE STRIPE 5TH

LAST NAME:

FIRST NAME:

AGE:

DATE OF TESTING:

APPLICATION DUE 2 DAYS BEFORE TEST DATE BY 7:30 PM:

TESTING TIME

TESTING FEE: Check the appropriate fee rate

\$70 if turned in **before** 7:30pm on application due date

\$95 if turned in **after** 7:30pm on application due date

Additional fees to attend NON-regular testing

+\$10 for Make up test

+\$20 for Private test by appointment, see office

READ AND CHECK THE FOLLOWING BOXES:

YES, I understand that this application may be turned in Early, and absolutely **MUST BE turned in by 7:30pm Two days prior to the test date to receive the discounted testing price.**

YES, I will ask for my Lady Tigers Patch upon submitting this testing application. I will have the patch sewn on my uniform, over my heart, before the belt ceremony..

ANSWER IF OVER 40 YEARS OF AGE ONLY

Being over 40 years of age, I understand that I should have a mammogram every year. I must take care of myself so I can protect myself and my loved ones.

REQUIREMENT TO BE ELIGIBLE TO TEST

I verify that I have had a mammogram within the past twelve months. (If not, make your appointment today).

for judges only

HAND SKILL

PALM HEEL STRIKE

Bah-tahng sone chee-gie

Coordination...	Proficient	needs work
Power...	Proficient	needs work
Accuracy	Proficient	needs work
Confidence/Yell	Proficient	needs work

KICK

OUTSIDE CRESCENT KICK

Ban-dal Bak-ru Cha-gie

Coordination...	Proficient	needs work
Power...	Proficient	needs work
Accuracy	Proficient	needs work

FORM

PAHL-GWAY SOM JAHNG

Understanding...	Proficient	needs work
Coordination...	Proficient	needs work
Power	Proficient	needs work
Yell / Key-Halp	Proficient	needs work

SELF DEFENSE

1 STEP SPARRING W/ PARTNER (1-9)

Coordination...	Proficient	needs work
Timing	Proficient	needs work
Confidence	Proficient	needs work

WEAPON

WATER BOTTLE W/ ATTACKER

Coordination...	Proficient	needs work
Timing	Proficient	needs work
Confidence	Proficient	needs work

RESULTS

PASS HOLD RETEST

TESTING TO LADY TIGERS BLUE BELT 4TH