



# CURRENT LADY TIGERS YELLOW BELT 8TH

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

☐ \$55 if turned in **before** 7:30pm on application due date

☐ \$80 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

### INSIDE MIDDLE BLOCK

#### Mome-tong Ahn-ru Mahk-gie

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

## KICK

### AXE KICK - Nay-lee-ah Cha-gie

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

## FORM

### PAHL-GWAY ILL JAHNG

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

## SELF DEFENSE

### 2 STEP SPARRING W/ PARTNER (5 TECHNIQUES)

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

## WEAPON

### KEYS W/ ATTACKER

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

## RESULTS

PASS

HOLD

RETEST

# TESTING TO LADY TIGERS GREEN STRIPE 7TH