**Application For Promotion**

**Testing Requirements**

**Blue Stripe** (5th Gup)

Taeguek Sa Jang -- Pattern Four

Thunder; Symbolizes great strength and majesty

**$50 testing fee**

If not attached to this form it will be added to monthly fees

Testing Date: \_\_\_\_\_\_\_\_\_\_

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

All students should know the meaning of their patterns!!

See Assignment on next page.

**Assignment:**

Write an essay / do a poster board on one of the following. Include what it means to you and how it applies to your life. Choose a topic that you have not previously chosen.

**Padawans and Dragon Warriors** (5-10 years old) make a posterboard. (See Miss Natasha for examples)

**\*Adult / Teens** (11+) write a 500+ word **hand written** essay

- Courtesy

- Integrity

- Perseverance

- Self Control

- Indomitable Spirit

- Self Confidence

- Dissolving Ego

- Leadership

**Poomsae:**

Taegeuk Il Jang - **Meaning:** Birth and Beginning; Symbolizes the root of all things

Taegeuk Ee Jang - **Meaning:** Pond; Symbolizes being soft on the outside, yet strong on the inside

Taegeuk Sam Jang - **Meaning:** Fire and Sun; Symbolizes heat, brightness and energy

Taegeuk Sa Jang - **Meaning:** Thunder; Symbolizes great strength and majesty

-Able to demonstrate proficiency

-Know the Basic Fundamentals

-Know Advanced Fundamentals

-Know 5 ways to apply a kick