**Testing Requirements**

**Pink Heart – Yom Chi Affirmations**

$5 fee for this test

**If you think you are ready to test, Please see Mr. Bain before or after class for pre-testing.**

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

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

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

Student should be able to recite the Yom Chi Affirmation (HWAG-IN) in a loud, clear voice. Say it like you mean it! Say it with confidence!

**I AM** GRATEFUL AND KIND!

**I AM** CALM AND FOCUSSED!

**I AM** OPEN MINDED AND ALWAYS LEARNING!

**I AM** CONFIDENT AND BRAVE, I WILL DO IT AFRAID!

**I AM** UNSTOPPABLE!

**I AM** A BLACK BELT!

**“Perfect Practice Makes Perfect”**