**Testing Requirements**

**Red Star – Tenets and their meanings**

$5 fee for this test

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

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

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

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

Be prepared to recite in a clear, loud, enthusiastic voice all Tenets and their meanings both forwards and backwards.

**Chimbee Stance:**

-Feet shoulder width apart, pointing forward

-Tight fists at front of belt

-Eyes looking forward

-Loud Giyup

**The Five Tenets of Tae Kwon Do:**

Courtesy: Smile. Respect yourself and others

Integrity: Total honesty with yourself and others

Perseverance: Patience. Never, ever give up

Self-Control: Control your thoughts, actions and emotions

Indomitable Spirit: Unbreakable Spirit

**Testing Tips:**

-Be enthusiastic (speak loud, smile)

-Clean, un-wrinkled uniform

-Long hair tied back

-Finger and toe nails trimmed and clean

-KNOW YOUR STUFF! COME PREPARED!

**“Perfect Practice Makes Perfect”**