



# HAPKIDO PROMOTION TESTING APPLICATION

## PROMOTION TO 3RD GUP RED STRIPE

LAST NAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

DATE OF TESTING: \_\_\_\_\_

APPLICATION DUE: Thursday before test by 7:30pm

TEST TIME: HAPKIDO test time (see your schedule)

**TESTING FEE:** check the appropriate fee rate  
*to attend regular tests go (add months, see schedule dates)*

\$65 if turned in BEFORE 7:30pm on application due date

\$90 if turned in AFTER 7:30pm on application due date

*additional fees to attend HOKU regular tests go*

+\$10 for Make Up Testing (even months, see schedule dates)

+\$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 on the Thursday before testing to receive the discounted testing fee price.

Yes, I have completed the worksheet on the back of this form. The White Tiger manual contains all the answers. A class is offered every week to help with studying the manual.

I may submit this application after earning my white stripe.

**ANSWER IF THE APPLICANT IS OF SCHOOL AGE:**

Yes, I have attached a home report card graded by a parent or guardian.

Yes, I have attached a copy (it will not be returned) of my latest school report card. If I turned in the latest version of the report card at the last testing, I will not turn it in again, it may be used only once. I may use the school copier at 25¢ per page or provide my own copies.

Yes, this applicant received a perfect school report card and is eligible for the White Tiger Academic Achievement Award. Applications without school report cards attached will not be considered for the award.

**do not write in the box below - for judges only**

**TESTING KICK: BACK HOOK KICK**

- 1. Coordination .....A A- B B- C C- D E F
- 2. Key-hahpyell .....A A- B B- C C- D E F
- 3. Power .....A A- B B- C C- D E F

**HOK-BUP FALLING TECHNIQUE:**

**BACK FALL JUMP**

- 1. Technique .....A A- B B- C C- D E F

**IMPROVED CAT ROLL**

- 1. Technique .....A A- B B- C C- D E F

**HO SHIN SOOL SELF DEFENSE**

**OFFENSE GRABS - SUN-SOOL**

- 1. Coordination .....A A- B B- C C- D E F
- 2. Control .....A A- B B- C C- D E F
- 3. Effectiveness .....A A- B B- C C- D E F
- 4. Showmanship .....A A- B B- C C- D E F

TERMINOLOGY .....A A- B B- C C- D E F  
 (the take home worksheet on back of this application)

**GENERAL REMARKS**

- 1. Discipline .....A A- B B- C C- D E F
- 2. Attitude .....A A- B B- C C- D E F
- 3. Concentration .....A A- B B- C C- D E F

Comments \_\_\_\_\_  
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 \_\_\_\_\_

# RESULTS

PASS FAIL HOLD





## HAPKIDO PROMOTION TESTING APPLICATION PROMOTION TO 3RD GUP RED STRIPE



- Complete the following worksheet, all answers have been covered in class and are in the White Tiger manual.
- Practice tests are in your manual so you may work on them in advance for your next test.
- Parents may assist young children with this worksheet.
- Classes are available every week to help study the manual.
- Study flash cards are available in the proshop.

### 1. Why do we use kicking targets?

- For power
- For speed
- For self defense
- For accuracy
- For fun

### 2. What is the name of your testing kick in English?

- Back kick, roundhouse kick
- Back hook kick
- Roundhouse, back kick
- Double hook kick
- Back jump kick

### 3. What is the name of your testing kick in Korean?

- Dwee Cha-gie, Doe-lee-o Cha-gie
- Double Doe-lee-o Cha-gie
- Doe-lee-o Cha-gie, Dwee Cha-gie
- Dwe-me-o Cha-gie
- Dwee-do-rah Who-nyuh Cha-gie

### 4. What is the name of your self defense technique?

- Bong-Joke Sool
- Oui-boke Sool
- Sun sool
- Dwee-ah-suh Chop-ul-dae
- Bong-gong Joke

### 5. What does a break fall protect?

- The backside
- The upper arm
- The head and internal organs
- The side of the knee
- The head or chest area

### 6. What does "Cha-gie" mean?

- Kick
- Stomp
- Strike
- Punch
- Yell

### 7. What was "kloo-song" used for?

- Jumping onto horses
- Breaking techniques
- Karaoke
- Jumping quietly over obstacles
- Sweeping

### 8. What is the purpose of "Don-chum" breathing?

- To lose weight
- To burn more calories
- To create more internal power, strength and control
- To remain mobile and flexible
- For digestion

### 9. What do we do 13,500 times every day?

- Think about Hapkido testing
- Swallow
- Blink
- Breathe
- Scratch

### 10. What does "Yull-hah-na" mean?

- Yell buddy
- Backward kicking
- Roundhouse, back kick
- Eleven
- Twenty one