



# LEE'S MARTIAL ARTS ACADEMY

## Belt Test Exam – Adult's Questionnaire



Name \_\_\_\_\_ Age \_\_\_\_\_

Date of test \_\_\_\_\_ Current Rank \_\_\_\_\_ Requested Rank \_\_\_\_\_

1. Briefly describe what the following aspects of Tae Kwon Do mean to you:

- a. Physical Training
- b. Mental Training
- c. Philosophical understanding

2. What is your ultimate goal in Tae Kwon Do?

What is your plan to achieve this goal?

What have you done since your last belt test towards achieving your goal?

3. What are the best things about you?

4. How has Tae Kwon Do benefited you in your daily life?

5. Describe your impression of a “black belt” martial artist.

6. Briefly describe what the following terms mean to you :

- a. Indominable Spirit
- b. Patience

7. Why do you think you deserve your \_\_\_\_\_ belt?