

# Intent To Promote Form

**Student Name** \_\_\_\_\_

**Rank Promoted To** \_\_\_\_\_

Dear School Teacher,

You have been chosen by your student to provide a recommendation for promotion to his/her belt level. He/She is currently a student at Lead By Example Tae Kwon Do. Our purpose is not merely to teach how to kick and punch, but also to develop responsible attitudes which will extend to other areas of life. Please take the time to answer the short questions below. Please feel free to call me at anytime to discuss any concerns or successes you have with our student. I will be happy to work with you in any way that I can. Thank you!

Thomas E. Lightfoot, Jr., Master Instructor  
703-273-1100

1. My student is attentive and respectful during class.

- a. All of the time      b. Most of the time      c. Some of the time      d. Needs work

2. My student is respectful, courteous, and kind to his/her classmates.

- a. All of the time      b. Most of the time      c. Some of the time      d. Needs work

3. My student is committed to doing his/her best.

- a. All of the time      b. Most of the time      c. Some of the time      d. Needs work

Teacher's Signature \_\_\_\_\_ Date \_\_\_\_\_

Additional Comments \_\_\_\_\_

\_\_\_\_\_

Dear Parent,

Please answer the following questions regarding your child's behavior at home.

1. My child responds to all of my questions and requests with "Yes Sir/Ma'am," or "Yes Dad/Mom."

- a. All of the time      b. Most of the time      c. Some of the time      d. Needs work

2. My child completes homework diligently and completely after school.

- a. All of the time      b. Most of the time      c. Some of the time      d. Needs work

3. My child is respectful, kind, and courteous to his/her siblings, parents, friends, etc.

- a. All of the time      b. Most of the time      c. Some of the time      d. Needs work

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Additional Comments \_\_\_\_\_

\_\_\_\_\_

# QUALIFICATION REQUIREMENTS

**4<sup>th</sup> Stripe Evaluation Date** \_\_\_\_\_

**Evaluation Time** \_\_\_\_\_

1. Do not fold this sheet!
2. Please bring with you to 4<sup>th</sup> Stripe Day the following: Full uniform, Equipment, ITP Form, Current report card, Prepare for Written or Oral Exam.  
White and Brown Belts must also bring TKD Notebook (adults optional)  
White Belts must also recite the 4 Daily Affirmations
3. Please answer the following questions:

	YES	NO
1. I have 3 complete stripes on my belt	_____	_____
2. I have achieved some or all previous power goals (Gold +)	_____	_____
3. I have submitted new power goals	_____	_____
4. I have my most current report card	_____	_____
5. I have referred a friend in the past 3 months	_____	_____
6. I have received a VIP Card and have given it to my friend: Name _____ Phone # _____	_____	_____
7. I have attended school sponsored events (PNO, Intramurals, etc)	_____	_____
8. To reach BLACK BELT is my goal!	_____	_____

## POWER GOALS:

### Goals we set, are goals we get! (As long as you take action)

List 2 power goals that you wish to achieve within the next 12 months. Make sure your goals are specific, have a definite time to be completed and a specific plan of action. Below is an example of a wimpy goal and a POWER goal. Make sure at least one is TKD related. (Parents of young children may help set goals)

WIMPY GOAL: My goal is to be able to kick high by next year. I will achieve this goal by practicing everyday.

POWER GOAL: My goal is to be able to do a waist high side kick by May 28, 2007. I will achieve this goal by practicing 10 slow side kick on each leg everyday until achieved

**POWER GOAL #1** \_\_\_\_\_

**Date to be Achieved** \_\_\_\_\_ **Plan of Action** \_\_\_\_\_

**POWER GOAL # 2** \_\_\_\_\_

**Date to be Achieved** \_\_\_\_\_ **Plan of Action** \_\_\_\_\_

**Suggestions to help make us better:** \_\_\_\_\_

**Testimonial (Optional)** \_\_\_\_\_