



## Application for Belt Promotion Student Self Assessment

\_\_\_\_\_

(Full Name)

\_\_\_\_\_

(Date)

It is our goal at Lake Country Martial Arts to develop well rounded, successful, active, and honest individuals and leaders. Prior to considering an individual for belt promotion we require each student to provide feedback on their progress toward Black Belt excellence. Please complete this self evaluation and return to your instructor by the following date: \_\_\_\_\_.

Please rate your progress in the following areas:

- Leadership (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Attendance (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Flexibility (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Coordination (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Health and Fitness (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Confidence (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Discipline (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Attitude (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Self-Defense (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Technique (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Sparring (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)
- Forms (No Progress) 0 1 2 3 4 5 6 7 (Exceeds expectations)

Completed Community Service since last belt testing (circle one) YES NO

If yes, provide details: \_\_\_\_\_

**Additional comments or feedback please feel free to write on the back of this paper or contact your instructor directly.**