



As a martial artist I am to strive to improve myself physically and mentally. I am to live by the tenets of Tae Kwon Do which are Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. I am to work at becoming a better citizen in hopes of making our world a better place.

I am not expected to be the best, but to strive to become better.

It is important that I do not use the physical skills I have learned in Tae Kwon Do outside of class.

Therefore I am asking that you recommend me for testing for my next belt.

(student's name)

Teacher's signature _____

Comments: _____

