

Please keep this sheet flat – Instructor use only on this side

|                              |                                    |                            |            |  |
|------------------------------|------------------------------------|----------------------------|------------|--|
| <b>NAME:</b><br>_____        | <b>FITNESS – Complete _ WAIT _</b> | <b>VERBAL – A B C WAIT</b> |            |  |
| <b>LEVEL:</b><br>_____       | PUSHUPS                            |                            | MEMORY     |  |
| <b>TESTING FOR:</b><br>_____ | SITUPS                             |                            | CLARITY    |  |
|                              | SQUATS                             |                            | VOLUME     |  |
|                              | PLANK                              |                            | BODY FOCUS |  |

**KUNG FU FOUNDATIONS – A B C WAIT**

|        |  |        |  |
|--------|--|--------|--|
| Spot 1 |  | OK     |  |
| Spot 2 |  | IK     |  |
| Spot 3 |  |        |  |
| Spot 4 |  |        |  |
| HiBlk  |  |        |  |
| MH     |  |        |  |
| MS     |  | Line 1 |  |
| HS     |  | Line 2 |  |
| TK     |  | Line 3 |  |
| HK     |  | Line 4 |  |

**FORM – A B C WAIT**

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**ENGAGEMENT – A B C WAIT\_\_\_\_\_**

|                            |  |
|----------------------------|--|
| ATTITUDE & EFFORT          |  |
| ATTENDANCE & PARTICIPATION |  |
| RESPECT & HUMILITY         |  |
| POSITIVE LEADERSHIP        |  |

**Notes:**

A+: 95-100 / A: 90-94 / A-: 85-89 / B+: 80-84 / B: 75-79 / B-: 70-74 / C+: 65-69 / C: 60-64 / C-: WAIT & RETEST IN NEAR FUTURE



## TESTING INTENT SHEET

**STUDENT'S FULL NAME:** \_\_\_\_\_

**TESTING FOR:** \_\_\_\_\_

NFKA is serious about developing well-rounded, successful, and honest individuals. Prior to considering a child for belt promotion, we require satisfactory reports from both school teachers and parents. **In addition to passing the physical portion of their test, each student MUST hand in this sheet with the follow questions completed by the student, or student's responsible guardian if the student cannot write, AND indicated signatures [if applicable].**

In the past 6 weeks, have you demonstrated courtesy and respect to others? [Circle YES or NO, & explain.]

In the past 6 weeks, have you followed through on household responsibilities? [Circle YES or NO, & explain.]

In the past 6 weeks, have you completed the minimum required assigned NFKA reading, homework, and practice? [Circle YES or NO, & explain.]

In the past 6 weeks, how have you made an effort toward your personal development?

In the past 6 weeks, how have you demonstrated Black Sash Leadership for your family and community?

In the past 6 weeks, how have you set a positive example for fellow students at NKFA?

I, PARENT'S NAME feel that my child has been respectful & cooperative at home, and have reviewed and approve of the answers above. I humbly submit my child's name for evaluation for the next rank to my instructors.

\_\_\_\_\_  
Parent Signature (If Under 18)

\_\_\_\_\_  
Date

I, STUDENT'S NAME have learned and practiced the NKFA Student Creed, and I humbly submit my name for evaluation for the next rank to my instructors.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

**IMPORTANT!!** PLEASE PROVIDE US YOUR SHIPPING ADDRESS FOR YOUR BELT/SASH TO BE DELIVERED:

NAME: \_\_\_\_\_ STREET ADDRESS: \_\_\_\_\_ UNIT# \_\_\_\_\_

CITY: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ POSTAL/ZIP CODE: \_\_\_\_\_

Stripe Awarded: \_\_\_\_\_