



## **REQUIREMENTS FOR BELT PROMOTION**

*This form must be completed and submitted to the exam instructor prior to the pretest and exam.*

### **YES, I HAVE:**

- Learned and practiced the Mile High Karate Student Creed, and the Black Belt Creed.
- Memorized the Word of the Month and recited the definition, as well as the action steps.
- Shown improvement in:
  - 1. School or workplace
  - 2. Physical fitness
  - 3. Community or family service (neighborhood, home, school, work)
- Been consistently stretching at home for at least 15 minutes a day.
- Attended all required MHK Intramural tournaments.
- Selected at least one witness to attend my exam.
- Have Sponsored a new member to Mile High Karate
- Selected my new days of attendance.  
If moving into a new class

### ***Under 18 Only***

- Intent to promote signed by teacher and parent.
- Continued to demonstrate respect to parents, teachers and family members.

*(To be initialed by parent or guardian)*

\_\_\_\_\_  
Head Instructor    Date

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

\_\_\_\_\_  
School Director    Date

\_\_\_\_\_  
Parent or Guardian (if applicable)    Date

**Stephen Oliver's Mile High Karate**  
**Required for all students under age of 18**

Dear Parents and Teachers:

One of the highest priorities here at Stephen Oliver's Mile High Karate is to develop well-rounded, successful, and honest individuals. Prior to considering a child for a belt promotion, we require satisfactory reports from ALL school teachers and from parents. If a child exhibits a poor attitude or poor citizenship, we will hold rank testing until there has been a significant improvement.

School Name: \_\_\_\_\_

**1. In my opinion, this student has been performing in a satisfactory manner, is receiving passing grades, and is respectful of teachers and other students.**

Teacher's Signature	Contact Phone No.	Agree	Disagree (please explain)	Current Grade
_____	- -	_____	_____	_____
_____	- -	_____	_____	_____
_____	- -	_____	_____	_____
_____	- -	_____	_____	_____
_____	- -	_____	_____	_____
_____	- -	_____	_____	_____
_____	- -	_____	_____	_____

If you have any feedback beyond the scope of this form, please feel free to write on a separate sheet of paper or call your student's instructor directly.

TEACHER'S – Mile High Karate volunteers throughout the school system to provide school programs, after-school programs, career days, and show & tell presentations. Contact our school if you are interested in a Black Belt Instructor Visiting your school. More information available at [www.MileHighKarate.com](http://www.MileHighKarate.com)

**2. My son/daughter has been behaving and cooperative at home.**

\_\_\_\_\_ Agree \_\_\_\_\_ Disagree (Please explain)

**3. What constructive suggestions do you have for improving our school or our impact on your child? (Feel free to enclose a separate sheet of paper.)**

---



---



---

