



LIL' DRAGONS TESTING INFORMATION



***IMPORTANT NOTICE: OPTIONAL TESTING FOR RANK!**

*Testing gives the student something to work for. It is goal oriented and gives the kids an opportunity to move up in rank and possibly receive a "Black Belt" one of these days! If a student puts forth the effort required, he/she will be rewarded accordingly.

READ THE FOLLOWING POINTS CAREFULLY TO UNDERSTAND TESTING!

1. Testing for BELT promotion will be held at Everett Boys and Girls Club, 7600 Cascade Drive, Everett, WA. Payment for testing will be taken at this time.
2. Review and practice the testing requirements prior to testing to assure your promotion. Students will not be promoted simply by attending class. Practicing at home is essential!
 - Punches, Kicks, Blocks, Self Defense Techniques, Balance, Power, Focus and Respect!
3. **All** students will be allowed to test. Students who do not want to test for belt rank will do a practice test. But, we strongly urge all students to test for belt rank.
 - **All students are doing well and should pass the test if they practice.**
4. All students testing for belt rank will be charged a testing fee. The fee is \$10.00 (make checks out to **NorthWest Budokan**) and this includes the costs for the new belts and certificates. All students will individually check in with the class assistant or Instructor on testing day. Lil' Dragons will be awarded a Yellow belt with a White stripe for the first promotion. Advanced Lil' Dragons may earn a different color with white stripe. Lil' Dragons being promoted to the full Youth Karate class will be awarded a Yellow belt. Students not testing for belt rank will be awarded a certificate of participation and a ribbon.
 - Karate Federation dues are not required for Lil' Dragons testing.
5. There will be NO belts sold. The only way to get a belt is to earn it - they are included if you pass the test!
6. **Spectators are allowed in the room while testing for Lil' Dragons. It is very important that ALL spectators are quiet during the testing. The students will be nervous enough without having to worry about distractions.**
7. Please **DO NOT** call the instructor or YMCA to see if you passed. Certificates and awards will be presented on awards night, which is scheduled for the week after testing. All parents are invited to attend the demonstration, awards ceremony and graduation to be held at the final class of the semester. Information on the ceremony will be provided the day of testing.

Please direct any questions to: Sensei Bernadette

More information at www.NWBudokan.com

1. WHEN IS TESTING?

❖ Please select **one** of the testing dates/times for optional rank promotion below:

Saturday, March 24th:

1pm or 5pm

Monday evening March 26th:

6pm

2. WHERE IS TESTING?

❖ **Everett Boys and Girls Club** – 7600 Cascade Drive, Everett, WA

3. WHO CAN TEST?

❖ All students can test. Ranking is separate from the testing.

Everett Boys & Girls Club

7600 Cascade Drive

Everett, WA 98203

Phone: 425-267-9526

Driving Directions to Everett Boys & Girls Club

From South:

Take **I-5 N** toward **Vancouver B.C.**

Merge onto **WA-526 W** via **EXIT 189** toward **Mukilteo/Whidbey Is. Ferry**. - 1.7 mi

Take the **Evergreen Way** exit. - 0.2 mi

Keep **right** at the fork to go on **Evergreen Way**. -0.6 mi

Turn **right** onto **75th St SE**. - 0.3 mi

Turn **right** onto **Cascade Dr**.

Cascade Dr is just past Olympic Dr, If you reach Highland Dr you've gone a little too far

The Everett Boys & Girls Club is on the right.

From Mukilteo:

Start out going **west** on **Mukilteo Speedway/WA-525**.

Turn **left** onto **84th St SW/WA-526** - 0.4 mi

Turn **left** onto **84th St SW/WA-526**. Continue to follow **WA-526 E** - 2.9 mi

Take the **Evergreen Way** exit - 0.3 mi

Turn **left** onto **Evergreen Way** -0.6 mi

Turn **right** onto **75th St SE**. - 0.3 mi

Turn **right** onto **Cascade Dr**.

Cascade Dr is just past Olympic Dr, If you reach Highland Dr you've gone a little too far

The Everett Boys & Girls Club is on the right.

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LIL' DRAGONS KARATE

OPTIONAL TESTING FOR RANK!

STUDENT NAME: _____

Please **CHECK ONE** of the testing dates/times for optional rank promotion below:

Saturday, March 24th Afternoon:

Lil' Dragons – 1pm

Saturday, March 24th Evening:

Lil' Dragons – 5pm

Monday evening March 26th:

Lil' Dragons – 6pm

Participation and Release of Liability

Release/Participation: I am the parent or guardian of the participant. I give permission for my child to participate in Okinawa Shorin ryu Matsumura Karate and Kobudo Federation (further referred to as OSMKKF) testing. I understand that accidents can sometimes happen. Therefore, in exchange for the OSMKKF allowing my child to participate in OSMKKF testing, I understand and expressly acknowledge that I release OSMKKF, its employees, boards, members, volunteers or guests from all liability for any injury, loss or damage connected in any way whatsoever to participation in OSMKKF testing. I understand that this release includes any claims based on negligence, action or inaction of the OSMKKF, its employees, boards, members, volunteers or guests. **The OSMKKF organization, membership and testing is not in any way connected to or endorsed by the YMCA.**

Medical Treatment: I give permission for OSMKKF staff or volunteers to provide emergency medical treatment for my child, and to transport to an emergency center for treatment. Also, I consent to medical treatment for my child deemed immediately necessary or advisable by a physician.

Insurance: I understand that the OSMKKF does not provide any accident or health insurance for its members or participants and further understand it is my responsibility to provide such coverage.

Date: _____

Signature of Parent/Guardian

Please return this form to your Sensei

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