

# Storm Team Tryout



The Storm Team Tryout is  
**Saturday, March 13,**  
**1 pm @ Hayes location**

The students that passed the try-out need to pay the application fee asap so we can order the storm team uniforms.

We will be discussing the goals for the storm team and the agenda for the upcoming meetings. We will also schedule the next demonstration for the school.

Those students that cannot make it to the try-out and are eligible, see Master Tong for the next scheduled time.



# Master Tong's Martial Arts STORM TEAM



## MTMA STORM TEAM MISSION

- Create an elite group of student role models for our school.
- Practice and perform public demonstrations of Hup Kwon Do.
- Improve school performance and maintain a B grade average.
- Learn leadership skills and use it to help others.
- Contribute to monthly newsletter.
- Create games for Friday game day.
- Keep journal of achievements, daily chores and training habits.
- Meet parental goals and expectations.
- Have commitment to become black belt and beyond.
- Develop promotional ideas to help the growth of Hup Kwon Do.

## REQUIREMENTS OF ELIGIBILITY:

- Must have at least B average grades in school.
- Must have shown 100% effort in class.
- Must have shown positive attitude in class.
- Must be able to attend meetings and training on regular basis.
- Must have working knowledge of HKD curriculum up to your rank.

## PRIVILEGES OF STORM TEAM MEMBERS

- Special STORM TEAM uniform and t-shirts.
- Earn achievement patches.
- Learn Extreme demo techniques.
- Vote on important decisions for general student body.
- Special field trips and outings.
- First pick for demonstrations team.
- Game development for game day.
- Special Weapons training
- Special Training to assist in workshops and clinics.
- And much more!

## STORM TEAM CREED

I am a Master Tong's Storm Team Member  
To do my best I will always remember

I will always have positive goals  
I promise to be a positive role model

I will help all people in need  
I will only perform good deeds

I will triumph in all my missions  
I will not waver under any conditions

I will stay fit and train most everyday  
I will not choose the path of the lazy way

I will use my warrior spirit to confront all obstacles  
I will be the champion in the fight against all evil



Achievement patches to earn



SPLIT CLUB

POWER KICK

POWER PUNCH



RESPECT

BALANCE

STRONG STANCE



DISCIPLINE

FOCUS

DRIVE



New STORM TEAM uniform

# Storm Team Application

To be filled out by student and parents

Name \_\_\_\_\_ Date \_\_\_\_\_

Current Rank \_\_\_\_\_ Age \_\_\_\_\_

What were your average school grades for the last semester \_\_\_\_\_

Why do you want to join the STORM TEAM? \_\_\_\_\_

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How would you feel if you did not make the STORM TEAM this time? \_\_\_\_\_

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## QUESTIONS BELOW ARE FOR PARENTS ONLY

What are some improvements you would like to see you son/daughter make?

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Can you help occasionally with the STORM TEAM meetings and/or other projects?

If yes, in what capacity would you like to help?

Are there topics YOU would like to give a talk on for our team members?

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(WRITE ON BACK IF NECESSARY)

# Storm Team Rules

- Must keep up with journal.
- Must make consistent improvements on physical fitness scores.
- Must attend meetings and training on a regular basis.
- Must be positive role models in class.
- Must show respect to instructors, parents and fellow students.
- Must have good training habits.
- Must keep up with school work and an above B average grade.
- Must keep uniform clean and neat for class.
- Must have a positive attitude
- Must always show a Warrior Spirit.

Breaking any rules will result in losing STORM TEAM privileges and/or promotional test privileges and suspension of STORM TEAM membership. You must perform special assignments to earn membership and privileges back.

With the passing score of \_\_\_\_\_, I \_\_\_\_\_  
am proud to be a member of the Master Tong's Martial Arts STORM TEAM. I also

Understand and accept the rules of the STORM TEAM and promise to uphold and obey these rules.

With the total score of \_\_\_\_\_, you did not make the STORM TEAM this time. You can test again at the next try-out in 1 month.

Here are some helpful tips on how to pass the next tryout:

- Don't let this discourage you, because you can do better on the next tryout.
- Be determined to perform better with a strong warrior's attitude.
- Look at the results and work on the low scores by having a routine for the next month that will strengthen the weak points of your test.
- ~~Get help and guidance from your instructors or parents.~~
- Finally, PIL SUNG, NEVER GIVE UP!

Parent's approval \_\_\_\_\_ Date \_\_\_\_\_

Uniform size \_\_\_\_\_

Enrollment fee \$ 90 (includes new STORM TEAM uniform and journal material)

*Uniforms will not be ordered until enrollment fee is paid.*

Annual renewal fee \$ 30.



# Storm Team Tryout Test Results

(to be filled out by instructors only)

## Physical Fitness:

Scores: 4 - Excellent 3 - Good 2 - Fair 1 - Poor  
Must score total of 45 or more to pass.

TOTAL  
SCORE

\_\_\_\_\_ Push ups in 30 seconds \_\_\_\_\_

\_\_\_\_\_ Crunches in 30 seconds \_\_\_\_\_

\_\_\_\_\_ Jumping jacks in 30 seconds \_\_\_\_\_

\_\_\_\_\_ Break falls - front, back, side

\_\_\_\_\_ Forward roll, Backward roll, Forward roll over obstacle

\_\_\_\_\_ Fly kicks, Distance \_\_\_\_\_ Height \_\_\_\_\_

Measure from waist  
to kick \_\_\_\_\_

\_\_\_\_\_ Flexibility - double hamstring, straddle . (Front kick \_\_\_\_\_ Side Kick \_\_\_\_\_)

\_\_\_\_\_ Standing jump - distance \_\_\_\_\_ , height \_\_\_\_\_

Height of jump \_\_\_\_\_ minus

\_\_\_\_\_ Running jump - distance \_\_\_\_\_ , height \_\_\_\_\_

Reach from finger tip \_\_\_\_\_

## Questions on general knowledge of Hup Kwon Do Martial Art

\_\_\_\_\_ What is Hup Kwon Do?

\_\_\_\_\_ How many belts are there to black belt?

\_\_\_\_\_ How many years does it take to become black belt?

\_\_\_\_\_ What is the first black belt call?

\_\_\_\_\_ How do you get power in any technique?

\_\_\_\_\_ What is the most important thing you have learned in the Martial Arts?

\_\_\_\_\_ How have you used what you've learned in martial art to help you in other parts of your life?

Student Name \_\_\_\_\_

## Storm Team outline

### Goal :

Create an elite team of students for role model.

Demo

Exceptional school performance

Leadership

Contribute to newsletter

Create games

Keep journal

Meets parental goals

Must make commitment to become black belt and beyond

Special training for self-improvement

Assistance in workshops and clinics

### Requirements:

Must have B average grades or better in school

Must show exceptional performance in class

Must attend meetings

Must be role models in class

Must keep up with journal

Must keep up with all curriculum

Must make improvement on physical fitness scores every tryout

### Physical fitness Tryout:

Push ups

Crunches

Jumping jacks

Break falls

Fly kicks

Stretch kicks

Standing jump distance and height

Running jump distance and height

### Questions and answers:

What is your expectation from the storm team

How has the martial arts training change your life.

What are your goals in the martial arts