



## Interview Form

Name: \_\_\_\_\_ Current Rank: \_\_\_\_\_

Date Last Tested: \_\_\_\_\_ Age at Testing: \_\_\_\_\_ Color Board Break at Test: \_\_\_\_\_

### Request To Test For:

(Circle)

L1 1 <sup>st</sup> Degree	L1 2 <sup>nd</sup> Degree	L1 3 <sup>rd</sup> Degree
L2 1 <sup>st</sup> Degree	L2 2 <sup>nd</sup> Degree	L2 3 <sup>rd</sup> Degree
L3 1 <sup>st</sup> Degree	L3 2 <sup>nd</sup> Degree	L3 3 <sup>rd</sup> Degree

1. When was the last time you tested? \_\_\_\_\_
2. What was the last tournament you competed in? \_\_\_\_\_
3. What did you do for your community service project and why did you choose the service you did?

Uniform Jacket Size \_\_\_\_\_

### Questions

(Please answer the following questions, in your own words, on the back of the interview form)

1. Explain the difference between self defense and fighting.
2. Name all the moves in your form that you're in a sitting stance.
3. Demonstrate and explain a front stance low block.

### Attached Documents

**Black Belt Essay – 500 words – L3 Red Belts and L3 2nd Degrees Only**

(L3 Red Belts) "My Journey to Black Belt"

(L3 2nd Degree) "My Journey to 3rd Degree"

### **Recommendation – must be signed by both parties prior to interview**

By signing below I testify to the moral character of the applicant. In addition I have reviewed all the applicant's records and on my honor testify that the applicant has fulfilled all training and other requirements outlined by TRMAI.

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_ Date: \_\_\_\_\_