



## 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: \_\_\_\_\_