

# STUDENT QUESTIONNAIRE

1. Have you studied any type of Martial Arts before?      Yes    No  
 If yes what style, where, and how long? \_\_\_\_\_
2. What motivated you to come see us today? \_\_\_\_\_
3. How long have you been thinking about taking the martial arts?  
 Not too long      Couple months      Over a year
4. If you have been thinking about taking the martial arts for over a couple months, what stopped you from starting back then?
5. Are you familiar with the Jhoon Rhee name?      Yes    No
6. Circle the benefits you would like to gain from your martial arts training.
- |               |                |                   |                   |                 |
|---------------|----------------|-------------------|-------------------|-----------------|
| Self-Defense  | Weight Control | Physical Fitness  | Academic          | Achievement     |
| Flexibility   | Coordination   | Self-Confidence   | Self-Control      | Self-Discipline |
| Concentration | Goal Setting   | Character         | Self-Motivation   | Balance         |
| Focus         | Perseverance   | Positive Attitude | Respect           | Obedience       |
| Muscle Tone   | Alertness      | Leadership        | Stress Management | Quickness       |
7. What other team sports/activities do you participate in?
- |        |            |               |            |        |       |               |
|--------|------------|---------------|------------|--------|-------|---------------|
| Soccer | Baseball   | Football      | Basketball | Hockey | Golf  | Track/Running |
| Ballet | Gymnastics | Cheer leading |            | Other  | _____ |               |
8. If accepted into our school, can you attend class at least 2 times a week?    Yes    No
9. If accepted into our school, can you apply 15 minutes per day practicing at home?    Yes    No
10. If accepted into our school, would you set a goal to become a Black Belt, or just learn a few basics?
11. Our academic policy for a young Black Belt is a "B" average or above. If you are a below "B" average student, do you think you can bring your grades up to a "B" average before you attain the Black Belt?    Yes    No
12. If accepted to our school, will you abide by the following student creed?    Yes    No

*To Build True Confidence Through,  
 Knowledge in my Mind. Faith in the Heart and Strength in the Body  
 To keep friendship with one another and to build a Strong and Happy community.  
 Never fight to achieve selfish ends, but to develop MIGHT FOR RIGHT!*

### Risk Evaluation

Please read the following statements carefully and circle those that are true:

- |   |  |
|---|--|
| I have recently had surgery.  | I have had heart trouble in the past.            |
| I sometimes feel faint or dizzy.  | I have high blood pressure.                      |
| I have been in the past or am now a smoker.                                 | I have bone, joint, ligament or tendon problems. |
| I am currently taking medication. Please list: _____                        |  |
| I suffer from allergies or asthma.  | I am pregnant.                                   |
| I am a diabetic.  | I have hypoglycemia.                             |
| I am 20 pounds or more overweight and not accustomed to physical exercise.  |  |
| My father, mother, sister or brother suffered a heart attack before age 50. |  |

If I checked any one of the statements as true, I will receive a medical evaluation and consent before I may take a fitness test and participate in exercise class.

Signature of student (parent or guardian if student is a minor) \_\_\_\_\_

Date: \_\_\_\_\_