

SunDo Belt Promotion Application Form

Please provide your contact information:

Name _____

Address _____

Phone # _____

Email _____

Date of Application: _____

Please provide information regarding SunDo practice level:

Current Belt _____

New Belt _____ (after promotion)

Your SunDo Practice Center (or location if distance member)

Name of your SunDo instructor or teacher

(Associate Master Ron Catabia for distance members)

Promotion Fee Requirements

\$25 - White Belt I and II \$35 - Yellow, Red, Red/Blue and Blue Belt

Please see the SunDo Promotion Requirements Document for additional number of practices and retreats required for promotion to each level.

www.sundo.org/sundo-practice.htm

Please indicate if you are promoting to instructor level:

\$50 Instructor Trainee

At any time during or after Yellow Belt Level, students may apply for acceptance into the SunDo Instructor Trainee Program. The Instructor Trainee Program requirements are: 1. a recommendation from a SunDo Instructor or Teacher; 2. an additional two-page typed essay about your reasons for wanting to become an instructor trainee; and if accepted, a \$50 fee which is due three weeks prior to your promotion to SunDo Instructor Trainee.

\$75 Instructor

At any time during or after Red Belt Level students may apply for acceptance into the SunDo Instructor Program. The Instructor Program requirements are: 1. a recommendation from a SunDo Senior Instructor or Teacher; 2. a five-page typed essay about your reasons for wanting to become an instructor; and if accepted, a \$75 fee which is due three weeks prior to your promotion to SunDo Instructor.

Total Fees: \$ _____

Fee Paid Yes No Date Paid: _____ (Main Office Use Only)

Notes: _____

Please send your payment with this form to the SunDo Main Center three weeks prior to the start of the retreat. Applications received after this date must include a late fee of \$10.

SunDo Main Center 45 South Main Street, Suite 90 West Hartford, CT 06107-2402

Please send all promotion essays to SunDo Associate Master Ron Catabia at rgcatabia@hotmail.com

Member Signature _____

Instructor Signature _____ (not necessary for distance members)