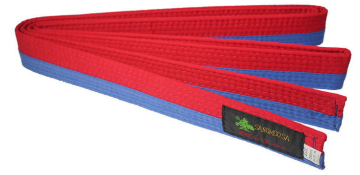


Name of Student: _____ Date: _____

| PHYSICAL TEST | GREAT | PASS | REDO | COMMENTS |
|---|-------|------|------|----------|
| 10 Minutes of non stop Jogging | | | | |
| 10 Minutes of Jump Rope | | | | |
| 45 Push Ups (without stopping) | | | | |
| 45 Sit Ups (without interruption or stopping) | | | | |
| 45 Squats (without interruption or stopping) | | | | |
| 25 Speed Front Snap Kicks: Right _____ Left _____ | | | | |
| 25 Speed Turning Kicks: Right _____ Left _____ | | | | |
| 25 Speed Side Piercing Kicks: Right _____ Left _____ | | | | |
| 25 Speed Reverse Hooking Kicks: Right _____ Left _____ | | | | |
| FUNDAMENTAL HAND MOVES | GREAT | PASS | REDO | COMMENTS |
| White Belt _____ Yellow Stripe _____ Yellow Belt _____ | | | | |
| Green Stripe _____ Green Belt _____ Blue Stripe _____ | | | | |
| Blue Belt Fundamental Movements | | | | |
| Walking Stance Low Upset Fingertip Thrust | | | | |
| Sitting Stance Forearm W-Shape Block | | | | |
| L-Stance Low Double Forearm Pushing Block | | | | |
| Walking Stance High Flat Fingertip Thrust | | | | |
| L-Stance Low Knife-hand Guarding Block | | | | |
| Walking Stance X-Fist Pressing Block, Twin Vertical Punch | | | | |
| Knife-hand Guarding Block, Flat Fingertip Thrust Combo | | | | |
| Low Knife-hand Guarding Block Combo | | | | |
| FUNDAMENTAL KICKING MOVES | GREAT | PASS | REDO | COMMENTS |
| White Belt _____ Yellow Stripe _____ Yellow Belt _____ | | | | |
| Green Stripe _____ Green Belt _____ Blue Stripe _____ | | | | |
| Blue Belt Kicking Drills | | | | |
| 360 Kicks: Turning Kick _____ Downward _____ | | | | |
| Hooking Kick (Defensive Kick) | | | | |
| PATTERNS / FORMS | GREAT | PASS | REDO | COMMENTS |
| White Belt: Saju Jirugi _____ Saju Makgi _____ | | | | |
| Chon-Ji Tul (Pattern Chon-Ji) | | | | |
| Dan-Gun Tul (Pattern Dan-Gun) | | | | |
| Do-San Tul (Pattern Do-San) | | | | |
| Won-Hyo Tul (Pattern Won-Hyo) | | | | |
| Yul-Gok Tul (Pattern Yul-Gok) | | | | |
| Joong-Gun Tul (Pattern Joong-Gun Tul) | | | | |
| Toi-Gye Tul (Pattern Toi-Gye) | | | | |



Name of Student: _____

| SPARRING / SPARRING DRILLS | | GREAT | PASS | REDO | COMMENTS |
|---|-------------------------------|-------|------|------|----------|
| 3-Step: #1 ___ #2 ___ #3 ___ #4 ___ #5 ___ #6 ___ | Blue ___ Yellow ___ Green ___ | | | | |
| 2-Step: #1 ___ #2 ___ #3 ___ #4 ___ #5 ___ #6 ___ | | | | | |
| 1-Step Sparring #1 - Middle Punch | | | | | |
| 1-Step Sparring #2 - Front Snap Kick | | | | | |
| 1-Step Sparring #3 - Side Piercing Kick | | | | | |
| 1-Step Sparring #4 - Knife-hand Strike | | | | | |
| 1-Step Sparring #5 - Turning Kick | | | | | |
| 1-Step Sparring #6 - 180 Reverse Hook Kick | | | | | |
| Moving Drills: #1 ___ #2 ___ #3 ___ #4 ___ #5 ___ | | | | | |
| Semi-Free Sparring (2-rounds) | | | | | |
| Free Sparring (5-rounds minimum) | | | | | |
| SELF-DEFENSE DRILLS / SKILLS | | GREAT | PASS | REDO | COMMENTS |
| White Belt ___ Yellow Stripe ___ Yellow Belt ___ | | | | | |
| Green Stripe ___ Green Belt ___ Blue Stripe ___ | | | | | |
| Defend against a ground choke | | | | | |
| Defend against rear naked choke | | | | | |
| Defend against a knife threat (against chest) | | | | | |
| Defend against a knife threat (against neck) | | | | | |
| BOARD BREAKING TEST | | GREAT | PASS | REDO | COMMENTS |
| 180 Reverse Turning Kick - Right Leg | | | | | |
| 180 Reverse Turning Kick - Left Leg | | | | | |
| Front Elbow Strike - Right Arm | | | | | |
| Front Elbow Strike - Left Arm | | | | | |
| Flying Turning Kick | | | | | |
| ORAL TEST QUESTIONS | | GREAT | PASS | REDO | COMMENTS |
| What is the meaning of Toi-Gye Tul? | | | | | |
| What is the meaning of Blue Belt? | | | | | |
| Belt Colors: White ___ Yellow ___ Green ___ | | | | | |
| Training Secrets: 1__ 2__ 3__ 4__ 5__ 6__ 7__ 8__ 9__ | | | | | |
| Theory of Power: M__ S__ RF__ C__ E__ BC__ | | | | | |

Notes: _____

OVERALL RESULT: **GREAT** **GOOD** **PASS** **REDO**

Name of Examiner: _____ Rank: _____

Examiner's Signature: _____ Date: _____