



Name of Student: _____ Date: _____

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
9 Minutes of non stop Jogging				
9 Minutes of non stop Jump Rope				
40 Push Ups (without interruption or stopping)				
40 Sit Ups (without interruption or stopping)				
40 Squats / Deep knee bends (without interruption)				
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 MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt _____ Yellow Stripe _____ Yellow Belt _____				
Green Stripe _____ Green Belt _____ Blue Stripe _____				
L-Stance Middle Reverse Knife-hand Side Block				
Rear Foot Stance Open Palm Upward Block				
Walking Stance Upper Elbow Strike				
Walking Stance Twin Forefist Vertical Punch				
Walking Stance Twin Forefist Upset Punch				
Walking Stance X-Fist Rising Block				
L-Stance High Backfist & Releasing Motion Combo				
Low Stance Palm Pressing Block				
Fixed Stance U-Shape Block				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt _____ Yellow Stripe _____ Yellow Belt _____				
Green Stripe _____ Green Belt _____ Blue Stripe _____				
180 Degree Reverse Turning Kick				
Twisting Kick: Low _____ Middle _____				
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)				

Notes: _____



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SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS
3-Step: #1 ___ #2 ___ #3 ___ #4 ___ #5 ___ #6 ___				
2-Step: #1 ___ #2 ___ #3 ___ #4 ___ #5 ___ #6 ___				
1-Step Sparring #1 - Defend against a Middle Punch				
1-Step Sparring #2 - Defend against a Front Kick				
1-Step Sparring #3 - Defend against a Side Kick				
Moving Drills: #1 ___ #2 ___ #3 ___ #4 ___ #5 ___				
Defensive Drills: #1 ___ #2 ___ #3 ___				
Semi-Free Sparring (2-rounds)				
Free Sparring (5-rounds minimum)				
SELF-DEFENSE / SELF-DEFENSE DRILLS	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				
BOARD BREAKING TEST	GREAT	PASS	REDO	COMMENTS
180 Back Piercing Kick - Right Leg				
180 Back Piercing Kick - Left Leg				
Reverse Punch / Palm Strike - Right Hand				
Reverse Punch / Palm Strike - Left Hand				
Flying High Kick (flying overhead kick)				
ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
What is the meaning of Joong-Gun Tul?				
What is the meaning of Blue Belt?				
What are the pattern meanings (all lower levels)				
Recite the belt color meanings (White - Green)?				
What are the first 6 training secrets of Taekwon-Do?				

Notes: _____

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

Name of Examiner: _____ Rank: _____

Examiner's Signature: _____ Date: _____