



Name of Student: _____ Date: _____

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
8 Minutes of non stop Jogging				
35 Push Ups (without interruption or stopping)				
35 Sit Ups (without interruption or stopping)				
35 Squats / Deep knee bends (without interruption)				
20 Speed Front Snap Kicks: Right _____ Left _____				
20 Speed Turning Kicks: Right _____ Left _____				
20 Speed Side Piercing Kicks: Right _____ Left _____				
20 Speed Reverse Hooking Kicks: Right _____ Left _____				
FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Movements from: White Belt _____ Yellow Stripe _____				
Yellow Belt _____ Green Stripe _____ Green Belt _____				
Walking Stance Middle Palm Hooking Block				
Walking Stance Middle Front Elbow Strike				
L-Stance Twin Knife-hand Block				
X-Stance High Backfist Side Strike (jumping motion)				
Walking Stance High Double Forearm Side Block				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Kicking Drills from: White Belt _____ Yellow Stripe _____				
Yellow Belt _____ Green Stripe _____ Green Belt _____				
Vertical Kicks: Outward _____ Inward _____				
Jumping 180 Degree Reverse Hooking 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)				
SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS
3-Step Sparring: #1 _____ #2 _____ #3 _____				
3-Step Sparring: #4 _____ #5 _____ #6 _____				
2-Step Sparring: #1 _____ #2 _____ #3 _____				
2-Step Sparring: #1 _____ #2 _____ #3 _____				
Moving Drills: #1 _____ #2 _____ #3 _____ #4 _____ #5 _____				
Attack Drill: Turning Kick (<i>returning to spot</i>) & Jump Punch				
Defensive Drills: #1 _____ #2 _____ #3 _____				
Semi-Free Sparring (2-rounds)				
Free Sparring (4-rounds minimum)				



Name of Student: _____

SELF-DEFENSE / SELF-DEFENSE DRILLS	GREAT	PASS	REDO	COMMENTS
Release from Wrist Grab: Straight _____ Cross _____				
Defend front choke: Attempted _____ Actual _____				
Release from Grab: Front Grab _____ Shoulder _____				
Defend / Release from a Bear Hug				
Defend against a front snap kick				
Release from a Side Head Lock				
Defend against a Hay Maker Punch				
Defend against a Turning Kick				
Release from a Front Head Lock				
Break Falls: Front _____ Side _____				
Rolls: Foreward Roll _____ Backward Roll _____				
BOARD BREAKING TEST	GREAT	PASS	REDO	COMMENTS
Stepping Reverse Hooking Kick - Right Leg				
Stepping Reverse Hooking Kick - Left Leg				
Knife-hand Side Strike - Right Hand				
Knife-hand Side Strike - Left Hand				
ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
What is the meaning of Yul-Gok Tul?				
What are the first 3 Training Secrets of Taekwon-Do?				
What are the 6 Elements in the Theory of Power?				
What is the meaning of Green Belt?				

Notes: _____

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

Name of Examiner: _____ Rank: _____

Examiner's Signature: _____ Date: _____