



Name of Student: \_\_\_\_\_ Date: \_\_\_\_\_

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
6 Minutes of non stop Jogging (around the Dojang)				
25 Push Ups (without interruption or stopping)				
25 Sit Ups (without interruption or stopping)				
25 Squats / Deep knee bends (without interruption)				
15 Speed Front Snap Kicks: Right _____ Left _____				
15 Speed Turning Kicks: Right _____ Left _____				
15 Speed Side Kicks: Right _____ Left _____				
FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt Fundamentals				
Sitting Stance Middle Punch				
L-Stance Middle Reverse Punch				
Walking Stance High Outer Forearm Side Block				
Walking Stance Middle Straight Fingertip Thrust				
Walking Stance High Backfist Side Strike				
Walking Stance High Outer Forearm Wedging Block				
Sitting Stance Middle Knife-hand Side Strike				
Fast Motion Exercise from Do-San				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Front Snap Kick				
Downward Kick				
Double Tournig Kick				
Double Side Piercing Kick				
Reverse Hooking Kick				
Jumping Front Snap Kick (Two Foot Jump)				
Jumping Front Snap Kick (Scissor Motion)				
180 Degree Back Piercing Kick				
180 Degree Back Piercing Kick				
Jumping Turning Kick (Two foot Jump)				
Jumping Turning Kick (Scissor Motion)				
PATTERNS / FORMS	GREAT	PASS	REDO	COMMENTS
Saju Jirugi (Four Direction Punch)				
Saju Makgi (Four Direction Block)				
Chon-Ji Tul (Pattern Chon-Ji)				
Dan-Gun Tul (Pattern Dan-Gun)				
Do-San Tul (Pattern Do-San)				

Notes: \_\_\_\_\_



Name of Student: \_\_\_\_\_

<b>SPARRING / SPARRING DRILLS</b>	<b>GREAT</b>	<b>PASS</b>	<b>REDO</b>	<b>COMMENTS</b>
3-Step Sparring: #1 _____ #2 _____ #3 _____				
3-Step Sparring: #4 _____ #5 _____ #6 _____				
2-Step Sparring #1				
2-Step Sparring #2				
Movement Drills: #1 _____ #2 _____				
Movement Drill #3 - Shifting Forward / Backward				
Movement Drill #4 - Side Stepping/ Side Shifting				
Counter against a Side Kick (Switch Turning Kick)				
Counter against a Turning Kick (Back Piercing Kick)				
Semi-Free Sparring (2-rounds minimum)				
Free Sparring (2-rounds minimum)				
<b>SELF-DEFENSE / SELF-DEFENSE DRILLS</b>	<b>GREAT</b>	<b>PASS</b>	<b>REDO</b>	<b>COMMENTS</b>
Choke Defense: Attempted: _____ Actual: _____				
Release from Grab: Front: _____ Shoulder: _____				
Defense / Release from a Bearhug				
Break Falls: Front _____ Side _____				
Foreward Rolls				
Backward Rolls				
<b>BOARD BREAKING TEST</b>	<b>GREAT</b>	<b>PASS</b>	<b>REDO</b>	<b>COMMENTS</b>
Turning Kick - Right Leg				
Turning Kick - Left Leg				
Side Fist Side Strike - Right Hand				
Side Fist Side Strike - Left Hand				
<b>ORAL TEST QUESTIONS</b>	<b>GREAT</b>	<b>PASS</b>	<b>REDO</b>	<b>COMMENTS</b>
What is the meaning of Do-San Tul?				
What does ITF mean?				
What is the ITF? When was it formed?				

Notes: \_\_\_\_\_

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

Name of Examiner: \_\_\_\_\_ Rank: \_\_\_\_\_

Examiner's Signature: \_\_\_\_\_ Date: \_\_\_\_\_