



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

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
5 Minutes of non stop Jogging				
20 Push Ups (without interruption or stopping)				
20 Sit Ups (without interruption or stopping)				
20 Squats / Deep knee bends				
15 Speed Front Snap Kicks: Right ____ Left ____				
15 Speed Turning Kicks: Right ____ Left ____				
15 Speed Side Piercing Kicks: Right ____ Left ____				
FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt & Yellow Stripe Fundamentals				
L-Stance Middle Knife-hand Guarding Block				
Walking Stance High Obverse Punch				
L-Stance Twin Forearm Block				
Walking Stance Outer Forearm Rising Block				
L-Stance Middle Knife-hand Side Strike				
Continuous Motion Combination from Dan-Gun				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Front Snap Kick				
Downward Kick				
Turning Kick				
Side Piercing Kick				
Double Turning Kick				
Double Side Piercing Kick				
Reverse Hooking Kick				
Jumping Front Snap Kick - Two foot Jump				
Jumping Front Snap 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)				

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



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<b>SPARRING / SPARRING DRILLS</b>	<b>GREAT</b>	<b>PASS</b>	<b>REDO</b>	<b>COMMENTS</b>
3-Step Sparring #1				
3-Step Sparring #2				
3-Step Sparring #3				
3-Step Sparring #4				
3-Step Sparring #5				
3-Step Sparring #6				
Movement Drills: #1 _____ #2 _____				
Movement Drill #3 - Shift Forward / Backward				
Sparring Offensive Combo - Shift & Side Kick				
Defensive Combo - Shift Back & Rev. Hook Kick				
Semi-Free Sparring (2-rounds)				
<b>SELF-DEFENSE DRILLS</b>	<b>GREAT</b>	<b>PASS</b>	<b>REDO</b>	<b>COMMENTS</b>
Release from a Straight Wrist Grab				
Release from a Cross Wrist Grab				
Block an attempted front choke				
Release from a front choke				
Release from a front grab (wristlock #1)				
Release from shoulder grab (wristlock #2)				
Front Break Fall - from a standing position				
Side Break Fall - from a standing position				
<b>BOARD BREAKING TEST</b>	<b>GREAT</b>	<b>PASS</b>	<b>REDO</b>	<b>COMMENTS</b>
Side Piercing Kick - Right Leg				
Side Piercing Kick - Left Leg				
Side Fist Downward Strike - Right Hand				
Side Fist Downward 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 Dan-Gun Tul?				
What is the meaning of Yellow Belt?				

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

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

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