

Green II to Blue I Class Tracker & Requirements

Classes:

*(enter the dates
you attend class)*

Sparring:

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Blue I Test 2 Months/24 classes/4 Sparring
<p><u>Forms Katas</u></p> <p>Palgue Form 3</p> <p>Palgue Form 4</p> <p>Palgue Form 5</p> <p><u>Kicks</u></p> <p>Fighting Pattern 1</p> <p>Fighting Pattern 2</p> <p>Fighting Pattern 3</p> <p>Fighting Pattern 4</p> <p>Alternate Exchange Front Snap Kick</p> <p>Jump Roundhouse Kick</p> <p>Jump Sidekick</p> <p>Roundhouse Spin Heel Kick</p> <p>Outside In Crescent Jump Spin Crescent</p> <p><u>Basic Technique</u></p> <p>Front Stance w/Frnt Kick W/ Punch</p> <p>Down Block</p> <p>Outside Block</p> <p>Center Double Punch</p> <p>Inside Block</p> <p>Outside Chop</p> <p>Inside Chop</p> <p>Double Center Block</p> <p>Side Punch</p> <p>Back Stance w/Punch</p> <p>Double Down Block</p> <p>Double Center Block</p> <p>Double Low Knife Hand</p> <p>Double Center Knife Hand</p> <p><u>One Steps 1-8</u></p> <p><u>Free Sparring</u></p> <p>One 1 Minute Round</p>

PALGUE FORM V

(Pal-Gwe O-Chang)

ACTION SINGLE CHOON BI

1	1	LEFT FOOT BACK, RIGHT HAND DOWN BLOCK LEFT HAND CENTER BLOCK COMBINATION	FRONT STANCE
	2	TURN LEFT 90°, LEFT LOW DOUBLE KNIFE HAND	BACK STANCE
	3	STEP FORWARD, RIGHT HIGH DOUBLE KNIFE	BACK STANCE
	4	STEP BACK, LEFT GROIN BLOCK	BACK STANCE
	5	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
2	1	TURN RIGHT 180°, RIGHT DOUBLE KNIFE LOW	BACK STANCE
	2	STEP FORWARD, LEFT DOUBLE KNIFE HIGH	BACK STANCE
	3	STEP BACK, RIGHT GROIN BLOCK	BACK STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
3	1	TURN LEFT 90°, LEFT HAND DOWN BLOCK RIGHT HAND CENTER BLOCK COMBINATION	FRONT STANCE
	2	STEP FORWARD, RIGHT DOUBLE CENTER BLOCK	FRONT STANCE
	3	STEP FORWARD, LEFT DOUBLE CENTER BLOCK	FRONT STANCE
	4	STEP FORWARD, RIGHT SPEAR HAND (KIAI)	FRONT STANCE
4	1	TURN RIGHT 270°(back leg), LEFT CENTER BLOCK REVERSE PUNCH, LEFT PUNCH COMBINATION	BACK STANCE FRONT STANCE
	2	LEFT HAND & FOOT SLIDES BACK, LOAD LEFT SIDE KICK, GRAB, RIGHT ELBOW STRIKE	ATTENTION STANCE FRONT STANCE
	3	STEP FORWARD, RIGHT DOUBLE KNIFE HIGH	BACK STANCE
1	1	TURN RIGHT 180°, RIGHT CENTER BLOCK REVERSE PUNCH, RIGHT PUNCH COMBINATION	BACK STANCE FRONT STANCE
	2	RIGHT HAND & FOOT SLIDES BACK, LOAD RIGHT SIDE KICK, GRAB, LEFT ELBOW STRIKE	ATTENTION STANCE FRONT STANCE
	3	STEP FORWARD LEFT DOUBLE KNIFE HIGH	BACK STANCE
2	1	TURN LEFT 90°, LEFT HAND DOWN BLOCK RIGHT HAND CENTER BLOCK COMBINATION	FRONT STANCE
	2	STEP FORWARD, RIGHT DOUBLE CENTER BLOCK	BACK STANCE
	3	STEP FORWARD, LEFT DOUBLE CENTER BLOCK	BACK STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH (KIAI)	FRONT STANCE
3	1	TURN RIGHT 270°(back leg), LOW DOUBLE KNIFE	BACK STANCE
	2	STEP FORWARD, RIGHT HIGH DOUBLE KNIFE	BACK STANCE
	3	STEP BACK, LEFT GROIN BLOCK	BACK STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH	FRONT STANCE
4	1	TURN RIGHT 180°, RIGHT DOUBLE KNIFE LOW	BACK STANCE
	2	STEP FORWARD, LEFT DOUBLE KNIFE HIGH	BACK STANCE
	3	STEP BACK, RIGHT GROIN BLOCK	BACK STANCE
	4	STEP FORWARD, LEFT CENTER PUNCH	FRONT STANCE
		CHOON BI (LEFT FOOT TO RIGHT FOOT)	ATTENTION, BOW



Test Preparation Sheet



Name: _____

To prepare for your next test, please fill out this sheet. There are three sections. Section A should be filled out as soon as you receive this sheet. Section B can be done at any time up to your test. Section C should be done some time after your test, depending on the questions (i.e. Goals as the target date passes).

Turn this sheet into your Instructor for evaluation. This will help us get to know you better, help you meet your goals, and assist you on your path to Black Belt.

Section A (Complete this section now)

- a. What is your current belt level? _____
- b. What is your next belt level? _____
- c. When is your next test target date? _____
- d. What is your Most Favorite kick? _____
- e. What is your Least Favorite kick? _____
- f. What is your Most Favorite form? _____
- g. What is your Least Favorite form? _____
- h. What is your weakest point in martial arts? _____
- i. What is your strongest point in martial arts? _____
- j. Which other student do you look up to the most?

- k. Which other student looks up to you the most?

- l. What are the goals you want to complete before your next test?
Target Date: ___/___/___ :: _____



Test Preparation Sheet



Section B (Complete this section any time before your test)

- a. Did you complete your next test goals (Question A.1)? _____
If No, then why not? _____

- b. What are the goals you want to complete in the next six months?
Target Date: ___/___/___ :: _____

- c. What are the goals you want to complete in the next year?
Target Date: ___/___/___ :: _____

- d. Who were the Instructors that you learned from since your last test?

Section C (Complete this section any time after your test)

- a. Did you complete your six month goals (Question B.b)? _____
If No, then why not? _____

- b. Did you complete your one year goals (Question B.c)? _____
If No, then why not? _____

Instructor Comments

Name: _____

300 Forms Club

Overview: The goal of the 300 Forms Club is to perform each of your testing forms 300 times each in the 2 months leading up to your test for your new belt. If you perform your forms 300 times each, for three belt levels in a row, you will have performed your forms over 1000 times (counting the practice in class). If you do anything a 1000 times, you will be much better, stronger and faster.

Rules: Forms must be done outside of class, forms in class do not count toward the 300. Present the completed form to your Instructor before testing to be recognized as a 300 Forms Club member at the Promotion Ceremony.

Rewards: You will get a 300 Forms Club Trophy at the next Promotion Ceremony, a Certificate and Your Name on the school's 300 Forms Club Plaque.

Testing Eligibility: In order to be eligible for your next test you must complete your top 3 forms 100 times each. Use the gray section to mark your progress before your next test.

Student Name: _____ **Inst Ini:** _____

Belt Level: _____

Start Date: _____ **Test Date:** _____

Form:

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Form:

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Signatures

Student: _____
 Parent: _____
 Instructor: _____

By signing this form I confirm that the # of forms completed above are accurate and were completed separate from those in class.