

# Blue II to Red I Class Tracker & Requirements

Classes:

(enter the dates  
you attend class)


Sparring:


<b>Red I Test</b> <b>4 Months/48 classes/8 Sparring</b>
<u>Forms Katas</u> Palgue Form 5 Palgue Form 6 Palgue Form 7  <u>Kicks</u> Fighting Pattern 3 Fighting Pattern 4 Triple Motion Front Kick Alternate Exchange Roundhouse Alternate Jump Back Kick Exchange Round House Jump Back Kick Jump Side Kick Wheel Kick Round House Spin Hook Kick Outside In Crescent Jump Spin Crescent Basic Technique Frnt Stnce w/Frnt Kick W/ DBL Punch Down Block Outside Block Center Double Punch Inside Block Outside Chop Inside Chop Double Center Block Side Punch  Back Stance W/Rnd Hse W/Punch Double Down Block Double Center Block Double Low Knife Hand Double Center Knife Hand  <u>One Steps 1-10</u>  <u>Free Sparring</u> One 1 Minute Round

# PALGUE FORM VII

# (Pal-Gwe Chil-Chang)

## ACTION SINGLE CHOON BI

1	1	STEP LEFT FOOT FORWARD, LOAD X MOTION HIGH, FISH NET BLOCK LOW	FRONT STANCE
	2	RIGHT FRONT SNAP KICK, STEP FORWARD SPREAD BLOCK (PALMS IN) COMBINATION	FRONT STANCE
	3	LEFT FRONT SNAP KICK, STEP FORWARD X BLOCK HIGH COMBINATION	FRONT STANCE
	4	TRAP, PULL DOWN, RIGHT SIDE KICK RIGHT DOUBLE KNIFE HIGH (KIAI)	BACK STANCE
2	1	TURN LEFT 270°(back leg) LEFT CENTER BLOCK, SHIFT FRONT FOOT, RIGHT REVERSE PUNCH LEFT HIGH BLOCK COMBINATION	BACK STANCE FRONT STANCE
	2	REACH UP (RIGHT HAND GRAB) RIGHT SIDE KICK, RIGHT DOUBLE KNIFE LOW COMBINATION SHIFT FRONT FOOT, LEFT REVERSE PUNCH	BACK STANCE FRONT STANCE
3	3	TURN RIGHT 180°, RIGHT CENTER BLOCK SHIFT FRONT FOOT, LEFT REVERSE PUNCH RIGHT HIGH BLOCK COMBINATION	BACK STANCE FRONT STANCE
	4	REACH UP (LEFT HAND GRAB) LEFT SIDE KICK, LEFT DOUBLE KNIFE LOW COMBINATION SHIFT FRONT FOOT, RIGHT REVERSE PUNCH	BACK STANCE FRONT STANCE
4	1	TURN LEFT 90°, LEFT X BLOCK LOW, X BLOCK HIGH COMBINATION, PULL BOTH HANDS TO RIGHT LOAD, RIGHT REVERSE PUNCH	FRONT STANCE
	2	RIGHT HAND BREAK AWAY, TURN 360°, DOWN BLOCK	HORSE STANCE
1	3	TURN HEAD 180°, LEFT FOOT SLIDES TO LEFT OUTSIDE CHOP	FRONT STANCE
	4	LEFT HAND GRAB, RIGHT CRESCENT KICK RIGHT ELBOW STRIKE COMBINATION	HORSE STANCE
2	1	BACK FOOT FORWARD, RIGHT HAND GROIN GRAB PULL RIGHT HAND HIGH & LEFT DOWN BLOCK	BACK STANCE
	2	LEFT DOUBLE KNIFE HIGH SHIFT FRONT FOOT, RIGHT REVERSE PUNCH (KIAI)	BACK STANCE 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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**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.*