



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

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
11 Minutes of non stop Jogging				
11 Minutes of non stop Jump Rope				
50 Push Ups (without interruption or stopping)				
50 Sit Ups (without interruption or stopping)				
50 Squats / Deep knee bends (without interruption)				
30 Speed Front Snap Kicks: Right _____ Left _____				
30 Speed Turning Kicks: Right _____ Left _____				
30 Speed Side Piercing Kicks: Right _____ Left _____				
30 Speed Reverse Hooking Kicks: Right _____ Left _____				
FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt _____ Yellow Stripe _____ Yellow Belt _____				
Green Stripe _____ Green Belt _____ Blue Stripe _____				
Blue Belt _____ Red Stripe _____				
Sitting Stance Middle Palm Pushing Block				
L-Stance Upward Punch				
Fixed Stance Middle Obverse Side Punch (sliding)				
L-Stance Middle Obverse Punch				
L-Stance Side Elbow Thrust				
Saju Tulgi				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt _____ Yellow Stripe _____ Yellow Belt _____				
Green Stripe _____ Green Belt _____ Blue Stripe _____				
Blue Belt _____ Red Stripe _____				
High Twisting Kick				
360 Degree Turning Kick (jumping)				
360 Degree Downward Kick (jumping)				
360 Degree Back Kick (stepping motion)				
360 Degree Reverse Hooking Kick (stepping motion)				
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)				
Joong-Gun Tul (Pattern Joong-Gun Tul)				
Toi-Gye Tul (Pattern Toi-Gye)				
Hwa-Rang Tul (Pattern Hwa-Rang)				



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

SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS
3-Step: #1 ___ #2 ___ #3 ___ #4 ___ #5 ___ #6 ___				
2-Step: #1 ___ #2 ___ #3 ___ #4 ___ #5 ___ #6 ___				
1-Step: #1 ___ #2 ___ #3 ___ #4 ___ #5 ___ #6 ___				
1-Step Sparring #7 - Knife-hand Downward Strike				
1-Step Sparring #8 - Downward Kick				
Free Style 1-Step Sparring				
Moving Drills: #1 ___ #2 ___ #3 ___ #4 ___ #5 ___				
Semi-Free Sparring (2-rounds)				
Free Sparring (6-rounds minimum)				
SELF-DEFENSE / SELF-DEFENSE DRILLS	GREAT	PASS	REDO	COMMENTS
White Belt ___ Yellow Stripe ___ Yellow Belt ___				
Green Stripe ___ Green Belt ___ Blue Stripe ___				
Defend against a ground choke _____ Rear Naked Choke _____				
Defend against a knife threat (against chest)				
Defend against a knife threat (against neck)				
Knife attacks: Slashing _____ Stabbing _____ Downward _____				
Sparring with take-downs				
BOARD BREAKING TEST	GREAT	PASS	REDO	COMMENTS
Examiner's First Kicking Choice - Right Leg				
Examiner's First Kicking Choice - Left Leg				
Examiner's Second Kicking Choice - Right Leg				
Examiner's Second Kicking Choice - Left Leg				
Examiner's Hand Breaking Choice - Right Hand / Arm				
Examiner's Hand Breaking Choice - Left Hand / Arm				
Student's Choice with Foot (one side only)				
Student's Choice with Hand / Arm (one side only)				
Flying Side Kick (one side only)				
ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
What is the meaning of Hwa-Rang Tul?				
What is the meaning of Red Belt?				
Tuls: CJ___ DG___ DS___ WH___ YG___ JG___ TG___				
Belt Colors: White ___ Yellow ___ Green ___ Blue ___				
Training Secrets: 1__ 2__ 3__ 4__ 5__ 6__ 7__ 8__ 9__				
Theory of Power: M___ S___ RF___ C___ E___ BC___				

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

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

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