

# WARRIOR CODE TAEKWON-DO ACADEMY

## RED STRIPE (03rd GRADE) PROMOTION TESTING SHEET

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

Age: \_\_\_\_\_

Date: \_\_\_\_\_

PHYSICAL TESTING	GREAT	FAIR	REDO	COMMENTS
10.0 Minutes of Running				
10.0 Minutes of Jump Rope				
45 - Proper / Full Push Ups				
45 - Proper / Full Sit Ups				
45 - Proper / Full Squats				
25 - Tuck Jumps				
25 - Speed Front Snap Kicks ( <i>each leg</i> )				
25 - Speed Turning Kicks ( <i>each leg</i> )				
25 - Speed Side Kicks ( <i>each leg</i> )				
25 - Speed Reverse Hooking Kicks ( <i>each leg</i> )				
FUNDAMENTAL MOVEMENTS	GREAT	FAIR	REDO	COMMENTS
White to Blue Belt Fundamental Movements				
Walking Stance Low Upset Fingertip Thrust				
Walking Stance X-Fist Pressing Block				
Close Stance Twin Side Elbow Thrust				
Sitting Stance Forearm W-Shape Block				
L-Stance Low Double Forearm Pushing Block				
Walking Stance High Flat Fingertip Thrust				
L-Stance Low Knife-hand Guarding Block				
FUNDAMENTAL KICKING DRILLS	GREAT	FAIR	REDO	COMMENTS
White Belt to Blue Belt Kicking Fundamentals				
Hooking Kick				
360° Turning Kick (stepping motion)				
360° Downward Kick (stepping motion)				
PATTERN DRILLS / PATTERNS	GREAT	FAIR	REDO	COMMENTS
Chon-Ji Tul (Yellow Stripe Pattern)				
Dan-Gun Tul (Yellow Belt Pattern)				
Do-San Tul (Green Stripe Pattern)				
Won-Hyo Tul (Green Belt Pattern)				
Yul-Gok Tul (Blue Stripe Pattern)				
Joong-Gun Tul (Blue Belt Pattern)				
Toi-Gye Tul (Red Stripe Pattern)				
SPARRING DRILLS & EXERCISES	GREAT	FAIR	REDO	COMMENTS
Three & Two Step Sparring #1 - #6 (w/ partner)				
One Step Sparring #1 (defend against punches)				
One Step Sparring #2 (defend against front kicks)				
One Step Sparring #3 (defend against side kicks)				
One Step Sparring #4 (defend against knife-hand strike)				
One Step Sparring #5 (defend against turning kicks)				
7-rounds: Free Sparring (1-on-1)				

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

Rank: Red Stripe

<b>SELF-DEFENSE &amp; SELF- DEFENSE DRILLS</b>	<b>GREAT</b>	<b>FAIR</b>	<b>REDO</b>	<b>COMMENTS</b>
Break Falls & Rolls				
Wrist Grab, Front Choke - release & counter				
Wrist Lock #1 & #2 (Front Grab)				
Bear Hug Release & Counter / Side Head Lock				
Side Head Lock				
Catch & Counter - Front Snap Kick / Turning Kick				
Defend against Haymaker				
Break, Release and Counter a Rear Choke				
Front Head lock				
Ground Choke				
Double Leg Take Down (shoot fighting)				
Defend against a Horizontal Swing of a bat				
<b>BOARD BREAKING REQUIREMENTS</b>	<b>GREAT</b>	<b>FAIR</b>	<b>REDO</b>	<b>COMMENTS</b>
180° Reverse Turning / Hooking Kick (right leg)				
180° Reverse Turning / Hooking Kick (left leg)				
Middle Reverse Punch / Palm Strike (right hand)				
Middle Reverse Punch / Palm Strike (left hand)				
Flying Turning Kick (right or left leg)				
<b>ORAL TEST QUESTIONS</b>	<b>GREAT</b>	<b>FAIR</b>	<b>REDO</b>	<b>COMMENTS</b>
Meaning of Belt Colors (white to blue)				
Meaning of Patterns (Chon-Ji to Toi-Gye)				
What are training secrets #7, #8 & # 9?				
Difference between elbow strike & elbow thrust				

Test Result: \_\_\_\_\_

Next Possible Grading: 06-Month Minimum

Examiner: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ADDITIONAL NOTES:**

*Things you did well:* \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

*Things to work on:* \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_