

WARRIOR CODE TAEKWON-DO ACADEMY

RANK TESTING / PROMOTION TESTING PAPER

RED STRIPE LEVEL (3rd Kup)

Student's Name: _____

Age: _____

Date of the Testing: _____

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
10 Minutes of non stop Jogging (<i>around the Dojang</i>)				
10 Minutes of Jump Rope (<i>perform as many as possible</i>)				
45 Push Ups (<i>without interruption or stopping</i>)				
45 Sit Ups (<i>without interruption or stopping</i>)				
45 Squats / Deep knee bends (<i>without interruption</i>)				
25 Speed Front Snap Kicks (<i>Right & Left Leg</i>)				
25 Speed Turning Kicks (<i>Right & Left Leg</i>)				
25 Speed Side Piercing Kicks (<i>Right & Left Leg</i>)				
25 Speed Reverse Hooking Kicks (<i>Right & Left Leg</i>)				

FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt _____ Yellow Stripe _____ Yellow Belt _____				
Green Stripe _____ Green Belt _____ Blue Stripe _____				
Blue Belt Fundamentals				
Walking Stance Low Upset Fingertip 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				
Walking Stance X-Fist Pressing Block & Twin Vertical Punch Combo				
L-Stance Knife-hand Guarding Block, Flat Fingertip Thrust Combo				
L-Stance Low Knife-hand Guarding Block Combo				

FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt _____ Yellow Stripe _____ Yellow Belt _____				
Green Stripe _____ Green Belt _____ Blue Stripe _____				
Blue Belt Kicking Fundamentals				
Hooking Kick				
360 Degree Turning Kick (<i>stepping motion</i>)				
360 Degree Downward Kick (<i>stepping motion</i>)				

PATTERNS / FORMS	GREAT	PASS	REDO	COMMENTS
Saju Jirugi (<i>Four Direction Punch</i>)				
Saju Makgi (<i>Four Direction Block</i>)				
Chon-Ji Tul (<i>Pattern Chon-Ji</i>)				
Dan-Gun Tul (<i>Pattern Dan-Gun</i>)				
Do-San Tul (<i>Pattern Do-San</i>)				
Won-Hyo Tul (<i>Pattern Won-Hyo</i>)				
Yul-Gok Tul (<i>Pattern Yul-Gok</i>)				
Joong-Gun Tul (<i>Pattern Joong-Gun Tul</i>)				
Toi-Gye Tul (<i>Pattern Toi-Gye</i>)				

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 Sparring #1 - Defending against a Middle Punch				
1-Step Sparring #2 - Defending against a Front Kick				
1-Step Sparring #3 - Defend against a Side Piercing Kick				
1-Step Sparring #4 - Defend against Knife-hand Strike				
1-Step Sparring #5 - Defend against a Turning Kick				
1-Step Sparring #6 - Defend against a 180 Reverse Hooking Kick				
Moving Drills: #1 _____ #2 _____ #3 _____ #4 _____ #5 _____				
Semi-Free Sparring (2-rounds)				
Free Sparring (5-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				
Defend against rear naked choke				
Defend against a knife threat (against chest)				
Defend against a knife threat (against neck)				

BOARD BREAKING TEST	GREAT	PASS	REDO	COMMENTS
180 Reverse Turning Kick - Right Leg				
180 Reverse Turning Kick - Left Leg				
Elbow Strike - Right Arm				
Elbow Strike - Left Arm				
Flying Turning Kick				

ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
What is the meaning of Toi-Gye Tul?				
What is the meaning of Blue Belt?				
What are the pattern meanings (White Belt to Blue Belt)				
What are the belt color meanings (White to Green Belt)?				
Training Secrets / Theory of Power				

Examiner's Name: _____ Degree: _____ Signature: _____

Minimum Time to next grading: _____ months

What needs work for the next testing:
