

# WARRIOR CODE TAEKWON-DO ACADEMY

## BLUE BELT (04th GRADE) PROMOTION TESTING SHEET

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

<b>PHYSICAL TESTING</b>	<b>GREAT</b>	<b>FAIR</b>	<b>REDO</b>	<b>COMMENTS</b>
9.0 Minutes of Running				
9.0 Minutes of Jump Rope				
40 - Proper / Full Push Ups				
40 - Proper / Full Sit Ups				
40 - 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> )				
<b>FUNDAMENTAL MOVEMENTS</b>	<b>GREAT</b>	<b>FAIR</b>	<b>REDO</b>	<b>COMMENTS</b>
White Belt to Blue Stripe Fundamentals				
L-Stance Middle Reverse Knife-hand Block				
Rear Foot Stance Palm Upward Block				
Walking Stance Upper Elbow Strike				
Walking Stance Twin Forefist Vertical Punch				
Walking Stance Twin Forefist Upset Punch				
Walking Stance X-Fist Rising Block				
Parallel Stance Angle Punch				
Low Stance Palm Pressing Block				
Fixed Stance U-Shape Block				
<b>FUNDAMENTAL KICKING DRILLS</b>	<b>GREAT</b>	<b>FAIR</b>	<b>REDO</b>	<b>COMMENTS</b>
White Belt to Green Stripe Kicking Drills				
Green Belt Kicking Drills				
Low Twisting Kick				
Middle Twisting Kick				
High Twisting Kick				
Jumping 180° Reverse Hooking Kick				
<b>PATTERN DRILLS / PATTERNS</b>	<b>GREAT</b>	<b>FAIR</b>	<b>REDO</b>	<b>COMMENTS</b>
Chon-Ji Tul & Dan-Gun Tul (Yellow Stripe & Belt)				
Do-San Tul (Green Stripe Pattern)				
Won-Hyo Tul (Green Belt Pattern)				
Yul-Gok Tul (Blue Stripe Pattern)				
Joong-Gun Tul (Blue Belt Pattern)				
<b>SPARRING DRILLS &amp; EXERCISES</b>	<b>GREAT</b>	<b>FAIR</b>	<b>REDO</b>	<b>COMMENTS</b>
Three & Two Step Sparring #1 - #6 (w/ partner)				
One Step Sparring (defend against punches)				
One Step Sparring (defend against front kicks)				

One Step Sparring (defend against side kicks)				
Free Sparring (1-on-1)				

Name of Student: \_\_\_\_\_ Rank: \_\_\_\_\_ **Blue Belt**

<b>SELF-DEFENSE &amp; SELF- DEFENSE DRILLS</b>	<b>GREAT</b>	<b>FAIR</b>	<b>REDO</b>	<b>COMMENTS</b>
Front Rolls / Back Rolls				
Wrist Releases				
Front Choke Release & Counter				
Wrist Lock #1 & #2 (Front Grab)				
Bear Hug Release & Counter				
Side Head Lock - Release & Counter				
Avoid, catch and take down a Front Snap Kick				
Defend against a swinging opponent (haymaker)				
Break, Release and Counter a Rear Choke				
Avoid, catch and take down a Turning Kick				
Front Head Lock				
Ground Choke				

<b>BOARD BREAKING REQUIREMENTS</b>	<b>GREAT</b>	<b>FAIR</b>	<b>REDO</b>	<b>COMMENTS</b>
180° Back Piercing Kick (right leg)				____ x _____
180° Back Piercing Kick (left leg)				____ x _____
Front Elbow Strike (right elbow)				____ x _____
Front Elbow Strike (left elbow)				____ x _____
Flying Overhead / Flying high kick (right or left leg)				1 x 8 mm

<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 Joong-Gun)				
What are training secrets #4, #5 & # 6?				

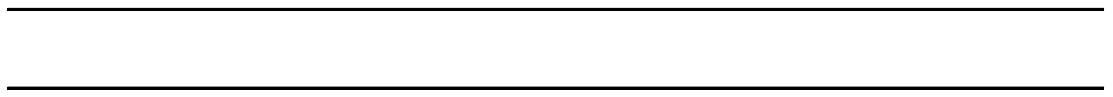
Test Result: \_\_\_\_\_ Next Possible Grading: \_\_\_\_\_ **06-Month Minimum**

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

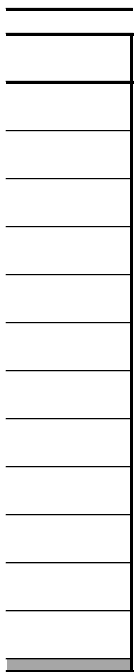
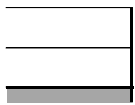
**ADDITIONAL NOTES:**

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

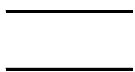
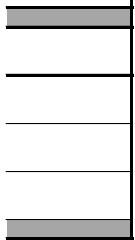
*Things to work on:* \_\_\_\_\_







\_ mm  
\_ mm  
\_ mm  
\_ mm



\_\_\_\_\_

\_\_\_\_\_