WARRIOR CODE TAEKWON-DO ACADEMY

RANK TESTING / PROMOTION TESTING PAPER BLUE BELT LEVEL (4th Kup)

Student's Name:		Age:		Date of the Testing:
	_		_	
PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
9 Minutes of non stop Jogging (around the Dojang)	OKEAT	755	KEBO	COMMENTS
9 Minutes of Jump Rope (perform as many as possible)				
40 Push Ups (without interruption or stopping)				
40 Sit Ups (without interruption or stopping)				
40 Squats / Deep knee bends (without interruption)				
25 Speed Front Snap Kicks (Right & Left Leg)				
25 Speed Turning Kicks (Right & Left Leg)				
25 Speed Side Piercing Kicks (Right & Left Leg)				
25 Speed Reverse Hooking Kicks (Right & Left Leg)				
FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt Yellow Stripe Yellow Belt				
Green Stripe Green Belt Blue Stripe				
L-Stance Middle Reverse Knife-hand Side Block				
Rear Foot Stance Open 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				
L-Stance High Backfist Side Strike, Releasing Motion Combo				
Low Stance Palm Pressing Block Fixed Stance U-Shape Block				
Fixed Starice O-Shape Block				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt Yellow Stripe Yellow Belt				
Green Stripe Green Belt Blue Stripe				
180 Degree Reverse Turning Kick				
Low Twisting Kick				
Middle Twisting Kick			-	
High Twisting Kick				
PATTERNS / FORMS	GREAT	PASS	REDO	COMMENTS
Saju Jirugi <i>(Four Direction Punch)</i>				
Saju Makgi (Four Direction Block)				
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)				
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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 - Defending against a Side Kick				
Moving Drills: #1 #2 #3 #4 #5				
Semi-Free Sparring (2-rounds)				
Free Sparring (5-rounds minimum)				
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SELF-DEFENSE / SELF-DEFENSE DRILLS White Belt Yellow Stripe Yellow Belt	GREAT	PASS	REDO	COMMENTS
Green Stripe Green Belt Blue Stripe				
Defend against a ground choke		1		
Defend against rear naked choke				
		1	1	1
BOARD BREAKING TEST	GREAT	PASS	REDO	COMMENTS
180 Back Piercing Kick - Right Leg				
180 Back Piercing Kick - Left Leg				
Reverse Punch (men) / Palm Strike (women / children) - Right Hand Reverse Punch (men) / Palm Strike (women / children) - Left Hand				
Flying High Kick (front overhead kick)				
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What is the meaning of Joong-Gun Tul?			
What is the meaning of Blue Belt?			
What are the pattern meanings (White Belt to Blue Stripe)			
What are the belt color meanings (White to Green Belt)?			
What are the first 6 training secrets of Taekwon-Do?			
Examiner's Name:	Degree:		Signature:
Minimum Time to next grading:		- _months	;
What needs work for the next testing:			
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ORAL TEST QUESTIONS

REDO

COMMENTS

GREAT PASS