

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 (<i>around the Dojang</i>)				
9 Minutes of Jump Rope (<i>perform as many as possible</i>)				
40 Push Ups (<i>without interruption or stopping</i>)				
40 Sit Ups (<i>without interruption or stopping</i>)				
40 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 _____				
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				

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 (<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>)				

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)				

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				

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)				

