

WARRIOR CODE TAEKWON-DO ACADEMY

BLUE STRIPE (05th GRADE) PROMOTION TESTING SHEET

Name of Student: _____ Age: _____ Date: _____

PHYSICAL TESTING	GREAT	FAIR	REDO	COMMENTS
8.0 Minutes of Running				
8.0 Minutes of Jump Rope				
35 - Proper / Full Push Ups				
35 - Proper / Full Sit Ups				
35 - Proper / Full Squats				
20 - Tuck Jumps				
20 - Speed Front Snap Kicks (<i>each leg</i>)				
20 - Speed Turning Kicks (<i>each leg</i>)				
20 - Speed Side Kicks (<i>each leg</i>)				
20 - Speed Reverse Hooking Kicks (<i>each leg</i>)				
FUNDAMENTAL MOVEMENTS	GREAT	FAIR	REDO	COMMENTS
Select White - Green Belt Fundamental moves				
Walking Stance Middle Hooking Block				
Walking Stance Middle Front Elbow Strike				
L-Stance Twin Knife-hand Block				
X-Stance High Side Back Fist Strike				
Walking Stance High Double Forearm Side Block				
FUNDAMENTAL KICKING DRILLS	GREAT	FAIR	REDO	COMMENTS
Select White Belt & Yellow Stripe Kicking Drills				
Select Yellow Belt & Green Stripe Kicking Drills				
Select Green Belt Kicking Drills				
Inward Vertical Kick				
Outward Vertical Kick				
Jumping 180° Reverse Hooking Kick				
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)				
SPARRING DRILLS & EXERCISES	GREAT	FAIR	REDO	COMMENTS
Three Step Sparring #1 - #6 (perform with partner)				
Two Step Sparring #1 (perform with partner)				
Two Step Sparring #2 (perform with partner)				
Two Step Sparring #3 (perform with partner)				
Two Step Sparring #4 (perform with partner)				
Two Step Sparring #5 (perform with partner)				
Two Step Sparring #6 (perform with partner)				
Previous Sparring Drills				
Free Sparring (1-on-1)				

Name of Student: _____

Rank: Blue Stripe

SELF-DEFENSE & SELF- DEFENSE DRILLS	GREAT	FAIR	REDO	COMMENTS
Break Falls (Front, Side & Back)				
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				

BOARD BREAKING REQUIREMENTS	GREAT	FAIR	REDO	COMMENTS
Stepping Reverse Hooking Kick (right leg)				
Stepping Reverse Hooking Kick (left leg)				
Front Elbow Strike (right arm)				
Front Elbow Strike (left arm)				

ORAL TEST QUESTIONS	GREAT	FAIR	REDO	COMMENTS
What is the meaning of Yul-Gok?				
What are the first 3 Training Secrets of TKD?				
What is Continuous, Fast & Connecting Motions?				
What is the point system for free sparring?				

Test Result: _____

Next Possible Grading: 6-Month Minimum

Examiner: _____

Signature: _____

Date: _____

ADDITIONAL NOTES:

Things you did well: _____

Things to work on: _____

