

WARRIOR CODE TAEKWON-DO ACADEMY

GREEN BELT (06th GRADE) PROMOTION TESTING SHEET

Name of Student: _____ Age: _____ Date: _____

PHYSICAL TESTING	GREAT	FAIR	REDO	COMMENTS
7.0 Minutes of Running				
7.0 Minutes of Jump Rope				
30 - Proper / Full Push Ups				
30 - Proper / Full Sit Ups				
30 - 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 Kick (<i>each leg</i>)				
FUNDAMENTAL MOVEMENTS	GREAT	FAIR	REDO	COMMENTS
White Belt & Yellow Stripe Fundamentals				
Yellow Belt & Green Stripe Fundamentals				
L-Stance High Inward Knife-hand Strike				
Bending Ready Stance A, Side Piercing Kick				
Walking Stance Inner Forearm Circular Block				
Fixed Stance Middle Obverse Punch				
FUNDAMENTAL KICKING DRILLS	GREAT	FAIR	REDO	COMMENTS
Double Turning Kick & Double Side Kick				
Jumping Front Snap Kick & Jumping Turning Kick				
Reverse Hooking Kick				
180 Back Piercing Kick				
180 Reverse Hooking Kick				
Jumping Side Piercing Kick				
Jumping Reverse Hooking Kick (<i>front leg</i>)				
PATTERN DRILLS / PATTERNS	GREAT	FAIR	REDO	COMMENTS
Four Direction Punch & Four Direction Block				
Chon-Ji Tul (<i>Yellow Stripe Pattern</i>)				
Dan-Gun Tul (<i>Yellow Belt Pattern</i>)				
Do-San Tul (<i>Green Stripe Pattern</i>)				
Won-Hyo Tul (<i>Green Belt Pattern</i>)				
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)				
Sparring Movement Drills				
Counter Attack Drills (<i>Back & Reverse Hook</i>)				
Free Sparring (1-on-1)				

Name of Student: _____

Rank: Green Belt

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				
BOARD BREAKING REQUIREMENTS	GREAT	FAIR	REDO	COMMENTS
Turning Kick (Right Leg)				
Turning Kick (Left Leg)				
Downward Knife-hand Strike - Right hand (7 & up)				
Downward Knife-hand Strike - Left hand (7 & up)				
ORAL TEST QUESTIONS	GREAT	FAIR	REDO	COMMENTS
What is the meaning of Green Belt?				
What is the meaning of Won-Hyo?				
What are the elements in the Theory of Power?				
What is the point system for sparring?				

Test Result: _____

Next Possible Grading: 6-Month Minimum

Examiner: _____

Signature: _____

Date: _____

ADDITIONAL NOTES:

Things you did well: _____

Things to work on: _____
