

WARRIOR CODE TAEKWON-DO ACADEMY

GREEN STRIPE (07th GRADE) PROMOTION TESTING SHEET

Name of Student: _____ Age: _____ Date: _____

PHYSICAL TESTING	GREAT	FAIR	REDO	COMMENTS
6.0 Minutes of Running				
6.0 Minutes of Jump Rope				
25 - Proper / Full Push Ups				
25 - Proper / Full Sit Ups				
25 - Proper / Full Squats				
15 - Tuck Jumps				
15 - Speed Front Snap Kicks (<i>each leg</i>)				
15 - Speed Turning Kicks (<i>each leg</i>)				
15 - Speed Side Kicks (<i>each leg</i>)				
FUNDAMENTAL MOVEMENTS	GREAT	FAIR	REDO	COMMENTS
Selected White Belt Fundamentals				
Selected Yellow Stripe Fundamentals				
Selected Yellow Belt Fundamentals				
Walking Stance High Outer Forearm Side Block				
Walking Stance Middle Straight Fingertip Thrust				
Walking Stance Back High Back Fist Side Strike				
Walking Stance Outer Forearm Wedging Block				
Sitting Stance Middle Knife-hand Side Strike				
FUNDAMENTAL KICKING DRILLS	GREAT	FAIR	REDO	COMMENTS
Selected White Belt & Yellow Stripe Kicking Drills				
Double Turning Kick & Double Side Kick				
Reverse Hooking Kick				
Jumping Front Snap Kick				
Jumping Turning Kick				
180 Degree Back Piercing Kick				
PATTERN DRILLS / PATTERNS	GREAT	FAIR	REDO	COMMENTS
Four Direction Punch (Saju Jirugi)				
Four Direction Block (Saju Makgi)				
Pattern Chon-Ji (Chon-Ji Tul)				
Pattern Dan-Gun (Dan-Gun Tul)				
Pattern Do-San (Do-San Tul)				
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)				
Sparring Stance - Single Step & Double Step				
Sparring Stance - Shifting & Dodging				
Sparring Combos (front leg & rear leg combos)				
Semi-Free Sparring				
Free Sparring (1-on-1)				

Name of Student: _____

Rank: Green 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				

BOARD BREAKING REQUIREMENTS	GREAT	FAIR	REDO	COMMENTS
Front Snap Kick (Right Leg)				
Front Snap Kick (Left Leg)				
Side Fist Downward Strike (Right Hand)				
Side Fist Downward Strike (Left Hand)				

ORAL TEST QUESTIONS	GREAT	FAIR	REDO	COMMENTS
What does ITF stand for?				
What is the birthday of the ITF?				
Which member countries started the ITF?				
What is the meaning of Do-San?				
What is Fast Motion?				

Test Result: _____

Next Possible Grading: 3-Month Minimum

Examiner: _____ Signature: _____ Date: _____

ADDITIONAL NOTES:

Things you did well: _____

Things to work on: _____
