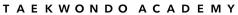


RANK TESTING SHEET YELLOW BELT



08th Grade



Name of Student: _____ Date: _____

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PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
5 Minutes of non stop Jogging				
20 Push Ups (without interruption or stopping)				
20 Sit Ups (without interruption or stopping)				
20 Squats / Deep knee bends				
15 Speed Front Snap Kicks: Right Left				
15 Speed Turning Kicks: Right Left				
15 Speed Side Piercing Kicks: Right Left				
FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
White Belt & Yellow Stripe Fundamentals				
L-Stance Middle Knife-hand Guarding Block				
Walking Stance High Obverse Punch				
L-Stance Twin Forearm Block				
Walking Stance Outer Forearm Rising Block				
L-Stance Middle Knife-hand Side Strike				
Continuous Motion Combination from Dan-Gun				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Front Snap Kick				
Downward Kick				
Turning Kick				
Side Piercing Kick				
Double Turning Kick				
Double Side Piercing Kick				
Reverse Hooking Kick				
Jumping Front Snap Kick - Two foot Jump				
Jumping Front Snap Kick - Scissor Motion				
PATTERNS / FORMS	GREAT	PASS	REDO	COMMENTS
Saju Jirugi (Four Direction Punch)				
Saju Makgi (Four Direction Block)				
Chon-Ji Tul (Pattern Chon-Ji)				
Dan-Gun Tul (Pattern Dan-Gun)				

Notes:



TAEKWONDO ACADEMY

RANK TESTING SHEET YELLOW BELT



08th Grade

Name of Student: _____

SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS	
3-Step Sparring #1					
3-Step Sparring #2					
3-Step Sparring #3					
3-Step Sparring #4					
3-Step Sparring #5					
3-Step Sparring #6					
Movement Drills: #1 #2					
Movement Drill #3 - Shift Forward / Backward					
Sparring Offensive Combo - Shift & Side Kick					
Defensive Combo - Shift Back & Rev. Hook Kick					
Semi-Free Sparring (2-rounds)					
SELF-DEFENSE DRILLS	GREAT	PASS	REDO	COMMENTS	
Release from a Straight Wrist Grab					
Release from a Cross Wrist Grab					
Block an attempted front choke					
Release from a front choke					
Release from a front grab (wristlock #1)					
Release from shoulder grab (wristlock #2)					
Front Break Fall - from a standing position					
Side Break Fall - from a standing position					
BOARD BREAKING TEST	GREAT	PASS	REDO	COMMENTS	
Side Piercing Kick - Right Leg					
Side Piercing Kick - Left Leg					
Side Fist Downward Strike - Right Hand					
Side Fist Downward Strike - Left Hand					
ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS	
What is the meaning of Dan-Gun Tul?					
What is the meaning of Yellow Belt?					
OVERALL RESULT: GREAT	GOOD	D PASS REDO			
Name of Examiner: Rank:					

Examiner's Signature: _____ Date: _____