



Name of Student: _____ Date: _____

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
4 Minutes of non stop Jogging (around the Dojang)				
15 Push Ups (without interruption or stopping)				
15 Sit Ups (without interruption or stopping)				
15 Squats / Deep knee bends (without interruption)				
10 Speed Front Snap Kicks: Right _____ Left _____				
10 Speed Turning Kicks: Right _____ Left _____				
FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Walking Stance Middle Obverse Punch				
Walking Stance Low Forearm Block				
Walking Stance Low Knife-hand Block				
Sitting Stance Middle Punch				
L-Stance Middle Reverse Punch				
L-Stance Middle Inner Forearm Block				
L-Stance Middle Inner Forearm Guarding Block				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Rising Kicks: Front _____ Side _____				
Crescent Kick: Outward _____ Inward _____				
Front Snap Kick				
Downward Kick				
Turning Kick				
Side Piercing Kick				
PATTERNS / FORMS	GREAT	PASS	REDO	COMMENTS
Saju Jirugi (Four Direction Punch)				
Saju Makgi (Four Direction Block)				
Chon-Ji Tul (Pattern Chon-Ji)				
SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS
3-Step Sparring: #1 _____ #2 _____				
3-Step Sparring #3				
3-Step Sparring #4				
Moving Drill #1 - Single Stepping				
Moving Drill #2 - Double Stepping				
Sparring Offensive Combo - 2 punches & Turning Kick				
Sparring Defensive Combo - Side Kick & 2-punches				

Notes: _____



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SELF-DEFENSE / SELF-DEFENSE DRILLS	GREAT	PASS	REDO	COMMENTS
Block an attempted Front Choke				
Release from a Front Choke				
Front Break Fall - from a squatting position				
Side Break Fall - from a squatting position				
ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
What is the meaning of White Belt?				
What is the meaning of Chon-Ji?				

Notes: _____

OVERALL RESULT: **GREAT** **GOOD** **PASS** **REDO**

Name of Examiner: _____ Rank: _____

Examiner's Signature: _____ Date: _____