



Name of Student: _____ Date: _____

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
3 Minutes of non stop Jogging (around the Dojang)				
10 Push Ups (without interruption or stopping)				
10 Sit Ups (without interruption or stopping)				
10 Squats / Deep knee bends (without interruption)				
10 Speed Front Snap Kicks (Right & Left Leg)				
FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Parallel Stance Middle Punch				
Walking Stance Middle Punch				
Walking Stance Low Forearm Block				
Walking Stance Low Knife-hand Block				
Walking Stance Middle Inner Forearm Block				
Walking Stance Middle Reverse Punch				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Front Rising Kick				
Outward Crescent Kick				
Inward Crescent Kick				
Side Rising Kick				
Front Snap Kick				
PATTERNS / FORMS	GREAT	PASS	REDO	COMMENTS
Saju Jirugi (Four Direction Punch)				
Saju Makgi (Four Direction Block)				
SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS
3-Step Sparring #1				
3-Step Sparring #2				
Sparring Stance, Bouncing & Switching				
Moving Drill #1 - Single Step Forward / Backward				
Sparring Combo - 2-punches & Front Snap Kick				

Notes: _____



Name of Student: _____

SELF-DEFENSE / SELF-DEFENSE DRILLS	GREAT	PASS	REDO	COMMENTS
Release from a Straight Wrist Grab				
Release from a Cross Wrist Grab				
Front Break Fall - from a kneeling position				
Back Break Fall - from a squatting position				
ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
Recite the Taekwon-Do Oath & Tenets of Taekwon-Do				
Who is the Founder of Taekwon-Do?				
What is the Birthday of Taekwon-Do?				

Notes: _____

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

Name of Examiner: _____ Rank: _____

Examiner's Signature: _____ Date: _____