

WARRIOR CODE TAEKWON-DO ACADEMY

RANK TESTING / PROMOTION TESTING PAPER

BLUE STRIPE LEVEL (5th Kup)

Student's Name: _____

Age: _____

Date of the Testing: _____

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
8 Minutes of non stop Jogging (<i>around the Dojang</i>)				
8 Minutes of Jump Rope (<i>perform as many as possible</i>)				
35 Push Ups (<i>without interruption or stopping</i>)				
35 Sit Ups (<i>without interruption or stopping</i>)				
35 Squats / Deep knee bends (<i>without interruption</i>)				
20 Speed Front Snap Kicks (<i>Right & Left Leg</i>)				
20 Speed Turning Kicks (<i>Right & Left Leg</i>)				
20 Speed Side Piercing Kicks (<i>Right & Left Leg</i>)				
20 Speed Reverse Hooking Kicks (<i>Right & Left Leg</i>)				

FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Selected Fundamentals from White Belt to Green Belt				
Sitting Stance Middle Knife-hand Side Strike				
Walking Stance Middle Inner Forearm Circular Block				
Walking Stance Middle Palm Hooking Block				
Walking Stance Middle Front Elbow Strike				
L-Stance Twin Knife-hand Block				
X-Stance High Backfist Side Strike - perform in jumping motion				
Walking Stance High Double Forearm Side Block				

FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Selected Kicking Drills from White Belt to Green Stripe				
Inward Vertical Kick				
Outward Vertical Kick				
Jumping 180 Degree Reverse Hooking Kick				

PATTERNS / FORMS	GREAT	PASS	REDO	COMMENTS
Saju Jirugi (<i>Four Direction Punch</i>)				
Saju Makgi (<i>Four Direction Block</i>)				
Chon-Ji Tul (<i>Pattern Chon-Ji</i>)				
Dan-Gun Tul (<i>Pattern Dan-Gun</i>)				
Do-San Tul (<i>Pattern Do-San</i>)				
Won-Hyo Tul (<i>Pattern Won-Hyo</i>)				
Yul-Gok Tul (<i>Pattern Yul-Gok</i>)				

SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS
3-Step: #1 _____ #2 _____ #3 _____ #4 _____ #5 _____ #6 _____				
2-Step: #1 _____ #2 _____ #3 _____ #4 _____				
2-Step Sparring #5				
2-Step Sparring #6				
Moving Drills: #1 _____ #2 _____ #3 _____ #4 _____ #5 _____				
Check Turning Kick & Jumping Punch - Attacking Drill				
Semi-Free Sparring (2-rounds)				
Free Sparring (4-rounds minimum)				

c	GREAT	PASS	REDO	COMMENTS
Selected Self-Defense Drills from White Belt to Green Belt				
Defend against a Hay Maker Punch				
Defend against a Turning Kick				
Release from a Front Head Lock				

BOARD BREAKING TEST	GREAT	PASS	REDO	COMMENTS
Stepping Reverse Hooking Kick - Right Leg				
Stepping Reverse Hooking Kick - Left Leg				
Knife-hand Side Strike - Right Hand				
Knife-hand Side Strike - Left Hand				

ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
What is the meaning of Yul-Gok Tul?				
What are the first 3 Training Secrets of Taekwon-Do?				

Examiner's Name: _____

Degree: _____

Signature: _____

