

# WARRIOR CODE TAEKWON-DO ACADEMY

## RANK TESTING / PROMOTION TESTING PAPER

### GREEN BELT LEVEL (6th Kup)

Student's Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date of the Testing: \_\_\_\_\_

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
7 Minutes of non stop Jogging ( <i>around the Dojang</i> )				
7 Minutes of Jump Rope ( <i>perform as many as possible</i> )				
30 Push Ups ( <i>without interruption or stopping</i> )				
30 Sit Ups ( <i>without interruption or stopping</i> )				
30 Squats / Deep knee bends ( <i>without interruption</i> )				
20 Speed Front Snap Kicks ( <i>Right &amp; Left Leg</i> )				
20 Speed Turning Kicks ( <i>Right &amp; Left Leg</i> )				
19 Speed Side Piercing Kicks ( <i>Right &amp; Left Leg</i> )				
20 Speed Reverse Hooking Kicks ( <i>Right &amp; Left Leg</i> )				
FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Selected Fundamentals from White Belt to Yellow Belt				
Walking Stance High Backfist Side Strike				
Walking Stance Middle Straight Fingertip Thrust				
Walking Stance High Outer Forearm Wedging Block				
L-Stance High Inward Knifehand Strike				
Fixed Stance Middle Obverse Punch				
Bending Ready Stance A, Side Piercing Kick				
Walking Stance Middle Inner Forearm Circular Block				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Selected Kicking Drills from White Belt to Green Stripe				
180 Degree Back Reverse Hooking Kick				
Jumping Side Piercing Kick - Two foot Jump				
Jumping 180 Back Piercing Kick - Two foot Jump				
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> )				
SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS
3-Step: #1 _____ #2 _____ #3 _____ #4 _____ #5 _____ #6 _____				
2-Step Sparring #1				
2-Step Sparring #2				
2-Step Sparring #3				
2-Step Sparring #4				
Moving Drills: #1 _____ #2 _____ #3 _____ #4 _____ #5 _____				
Jumping Punch - Attacking Drill				
Semi-Free Sparring (2-rounds)				
Free Sparring (3-rounds minimum)				
SELF-DEFENSE / SELF-DEFENSE DRILLS	GREAT	PASS	REDO	COMMENTS
Selected Self-Defense Drills from White Belt to Green Stripe				
Defend against a front snap kick				
Release from a Side Head Lock				
Foreward Rolls - performed after being pushed				
Backward Rolls - performed after being pushed				
BOARD BREAKING TEST	GREAT	PASS	REDO	COMMENTS
Downward Kick - Right Leg				
Downward Kick - Left Leg				
Knife-hand Downward Strike - Right Hand				
Knife-hand Downward Strike - Left Hand				
ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
What is the meaning of Won-Hyo Tul?				
What is the meaning of Green Belt?				
What are the 6 Elements in the Theory of Power?				

Examiner's Name: \_\_\_\_\_

Degree: \_\_\_\_\_

Signature: \_\_\_\_\_

