

WARRIOR CODE TAEKWON-DO ACADEMY

RANK TESTING / PROMOTION TESTING PAPER

GREEN STRIPE LEVEL (7th Kup)

Student's Name: _____

Age: _____

Date of the Testing: _____

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
6 Minutes of non stop Jogging (<i>around the Dojang</i>)				
25 Push Ups (<i>without interruption or stopping</i>)				
25 Sit Ups (<i>without interruption or stopping</i>)				
25 Squats / Deep knee bends (<i>without interruption</i>)				
15 Speed Front Snap Kicks (<i>Right & Left Leg</i>)				
15 Speed Turning Kicks (<i>Right & Left Leg</i>)				
15 Speed Side Piercing Kicks (<i>Right & Left Leg</i>)				

FUNDAMENTAL HAND MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Selected Fundamentals from White Belt to Yellow Belt				
Walking Stance High Outer Forearm Side Block				
Walking Stance Middle Straight Fingertip Thrust				
Walking Stance High Backfist Side Strike				
Walking Stance High Outer Forearm Wedging Block				
Sitting Stance Middle Knife-hand Side Strike				
Fast Motion Punches in Walking Stance (from Do-San Tul)				

FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Selected Kicking Drills from White Belt to Yellow Belt				
Back Piercing Kick				
180 Degree Back Piercing Kick				
Jumping Turning Kick - Two foot Jump				
Jumping Turning Kick - Scissor Switching Motion				

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>)				

SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS
3-Step Sparring #4 , 3-Step #5 & 3-Step #6				
3-Step Sparring #1 , 3-Step #2 & 3-Step #3				
2-Step Sparring #1				
2-Step Sparring #2				
Movement Drill #1 - Single Step & Moving Drill #2 - Double Step				
Movement Drill #3 - Shifting Forward / Backward				
Movement Drill #4 - Side Stepping/ Side Shifting				
Counter against a Side Piercing Kick (with Switch Turning Kick)				
Counter against a Turning Kick (with a Back Piercing Kick)				
Semi-Free Sparring (2-rounds minimum)				
Free Sparring (2-rounds minimum)				

SELF-DEFENSE / SELF-DEFENSE DRILLS	GREAT	PASS	REDO	COMMENTS
Selected Self-Defense Drills from White Belt to Yellow Belt				
Release from a Bear Hug from behind				
Front & Side Break Falls - from a standing position				
Foreward Rolls				
Backward Rolls				

BOARD BREAKING TEST	GREAT	PASS	REDO	COMMENTS
Turning Kick - Right Leg				
Turning Kick - Left Leg				
Side Fist Side Strike - Right Hand				
Side Fist Side Strike - Left Hand				

ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
What is the meaning of Do-San Tul?				
What does ITF mean?				
What is the meaning of What is the Birthday of the ITF?				

Examiner's Name: _____

Degree: _____

Signature: _____

