

WARRIOR CODE TAEKWON-DO ACADEMY

RANK TESTING / PROMOTION TESTING PAPER

YELLOW BELT LEVEL (8th Kup)

Student's Name: _____

Age: _____

Date of the Testing: _____

PHYSICAL TEST	GREAT	PASS	REDO	COMMENTS
5 Minutes of non stop Jogging (<i>around the Dojang</i>)				
20 Push Ups (<i>without interruption or stopping</i>)				
20 Sit Ups (<i>without interruption or stopping</i>)				
20 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 White Belt & Yellow Stripe Fundamentals				
L-Stance Middle Knife-hand Guarding Block				
Walking Stance High Obverse Punch				
L-Stance Twin Forearm Block				
Walking Stance Outer Forearm Rising Block				
L-Stance Middle Knife-hand Side Strike				
Continuous Motion Combination from Dan-Gun Tul				
FUNDAMENTAL KICKING MOVEMENTS	GREAT	PASS	REDO	COMMENTS
Selected White Belt & Yellow Stripe Kicking Drills				
Double Turning Kick				
Double Side Piercing Kick				
Reverse Hooking Kick				
Jumping Front Snap Kick - Two foot Jump				
Jumping Front Snap 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>)				
SPARRING / SPARRING DRILLS	GREAT	PASS	REDO	COMMENTS
3-Step Sparring #1				
3-Step Sparring #2				
3-Step Sparring #3				
3-Step Sparring #4				
3-Step Sparring #5				
3-Step Sparring #6				
Movement Drill #1 - Single Step & Moving Drill #2 - Double Step				
Movement Drill #3 - Shifting Forward / Backward				
Sparring Offensive Combo - Shifting Forward & Side Kick				
Sparring Defensive Combo - Shifting Back & Reverse Hooking Kick				
Semi-Free Sparring (2-rounds)				
SELF-DEFENSE / SELF-DEFENSE DRILLS	GREAT	PASS	REDO	COMMENTS
Selected White Belt & Yellow Stripe Self-Defense				
Wrist Lock #1				
Wrist Lock #2				
Front Break Fall - from a standing position				
Side Break Fall - from a standing position				

BOARD BREAKING TEST	GREAT	PASS	REDO	COMMENTS
Side Piercing Kick - Right Leg				
Side Piercing Kick - Left Leg				
Side Fist Downward Strike - Right Hand				
Side Fist Downward Strike - Left Hand				
ORAL TEST QUESTIONS	GREAT	PASS	REDO	COMMENTS
What is the meaning of Dan-Gun Tul?				
What is the meaning of Yellow Belt?				

Examiner's Name: _____ Degree: _____ Signature: _____

Minimum Time to next grading: _____ months

What needs work for the next testing:
