

WARRIOR CODE TAEKWON-DO ACADEMY

WHITE BELT (10th GRADE) PROMOTION TESTING SHEET

Name of Student: _____ Age: _____ Date: _____

PHYSICAL TEST	GREAT	FAIR	REDO	COMMENTS:
3.0 Minutes of Running				
3.0 Minutes of Jump Rope				
10 - Proper / Full Push Ups				
10 - Proper / Full Sit Ups				
10 - Proper / Full Squats				
10 - Speed Front Snap Kicks (<i>each leg</i>)				
FUNDAMENTAL HAND MOVEMENTS	GREAT	FAIR	REDO	COMMENTS
Parallel Stance Punch				
Walking Stance Middle Obverse Punch				
Walking Stance Low Fore-arm Block				
Walking Stance Low Knife-hand Block				
Walking Stance Middle Inner Fore-arm Block				
Walking Stance Middle Reverse Punch				
FUNDAMENTAL KICKING DRILLS	GREAT	FAIR	REDO	COMMENTS
Front Rising Kick (Walking Ready Stance)				
Outward Crescent Kick (Walking Ready Stance)				
Inward Crescent Kick (Walking Ready Stance)				
Side Rising Kick (Parallel Stance)				
Front Snap Kick (Walking Ready Stance)				
PATTERN / PATTERN DRILLS	GREAT	FAIR	REDO	COMMENTS
Four Direction Punch (Saju Jirugi)				
Four Direction Block (Saju Makgi)				
SPARRING DRILLS & EXERCISES	GREAT	FAIR	REDO	COMMENTS
Three Step Sparring #1 - performed alone				
Three Step Sparring #2 - performed alone				
Sparring Stance - Switching Sides Quickly				
Sparring Combination: 2 punches & front snap kick				
SELF-DEFENSE & SELF- DEFENSE DRILLS	GREAT	FAIR	REDO	COMMENTS
Front Break Fall from Kneeling Positon				
Back Break Fall from a Squatting Position				
Straight Wrist Grab & Cross Wrist Grab Release				
ORAL TEST QUESTIONS	GREAT	FAIR	REDO	COMMENTS
The Meaning of Taekwon-Do & Birthday				
Who is the Founder of Taekwon-Do?				
Recite the The Taekwon-Do Oath & Tenets				

Name of Student: _____ Rank: White Belt

Test Result: _____ Next Possible Grading: 3-Month Minimum

Examiner: _____ Signature: _____ Date: _____

ADDITIONAL NOTES:

Things you did well: _____

Things to work on: _____

