

WARRIOR CODE TAEKWON-DO ACADEMY

YELLOW BELT (08th GRADE) PROMOTION TESTING SHEET

Name of Student: _____ Age: _____ Date: _____

| PHYSICAL TESTING | GREAT | FAIR | REDO | COMMENTS |
|---|--------------|-------------|-------------|-----------------|
| 5.0 Minutes of Running | | | | |
| 5.0 Minutes of Jump Rope | | | | |
| 20 - Proper / Full Push Ups | | | | |
| 20 - Proper / Full Sit Ups | | | | |
| 20 - Proper / Full Squats | | | | |
| 15 - Speed Front Snap Kicks (<i>each leg</i>) | | | | |
| 15 - Speed Turning Kicks (<i>each leg</i>) | | | | |
| 15 - Speed Side Kicks (<i>each leg</i>) | | | | |
| FUNDAMENTAL MOVEMENTS | GREAT | FAIR | REDO | COMMENTS |
| Selected White Belt Fundamentals | | | | |
| Selected 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 | | | | |
| FUNDAMENTAL KICKING DRILLS | GREAT | FAIR | REDO | COMMENTS |
| Selected White Belt Kicking Drills | | | | |
| Selected Yellow Stripe Kicking Drills | | | | |
| Double Turning Kick | | | | |
| Double Side Piercing Kick | | | | |
| Reverse Hooking Kick | | | | |
| Jumping Front Snap Kick | | | | |
| PATTERN DRILLS / PATTERNS | GREAT | FAIR | REDO | COMMENTS |
| Four Direction Punch (Saju Jirugi) | | | | |
| Four Direction Block (Saju Makgi) | | | | |
| Pattern Chon-Ji (Chon-Ji Tul) | | | | |
| Pattern Dan-Gun (Dan-Gun Tul) | | | | |
| SPARRING DRILLS & EXERCISES | GREAT | FAIR | REDO | COMMENTS |
| Three Step Sparring #1 - performed with partner | | | | |
| Three Step Sparring #2 - performed with partner | | | | |
| Three Step Sparring #3 - performed with partner | | | | |
| Three Step Sparring #4 - performed with partner | | | | |
| Three Step Sparring #5 - performed with partner | | | | |
| Three Step Sparring #6 - performed with partner | | | | |
| Sparring Stance - Single Step | | | | |
| Sparring Stance - Double Step | | | | |
| Sparring Combo (punches & rear leg) | | | | |
| Sparring Combo (lead leg side kick and punches) | | | | |
| Semi-Free Sparring | | | | |

Name of Student: _____

Rank: Yellow Belt

| SELF-DEFENSE & SELF- DEFENSE DRILLS | GREAT | FAIR | REDO | COMMENTS |
|--|--------------|-------------|-------------|-----------------|
| Standing Front Break Fall | | | | |
| Standing Back Break Fall | | | | |
| Standing Side Break Fall | | | | |
| Straight Wrist Grab & Cross Wrist Grab Release | | | | |
| Front Choke Release & Counter Attack | | | | |
| Wrist Lock #1 (front grab) | | | | |
| Wrist Lock #2 (shoulder grab) | | | | |

| BOARD BREAKING REQUIREMENTS | GREAT | FAIR | REDO | TYPE OF BOARDS |
|------------------------------------|--------------|-------------|-------------|-----------------------|
| Side Piercing Kick (right leg) | | | | |
| Side Piercing Kick (left leg) | | | | |
| Downward Palm Strike (right hand) | | | | |
| Downward Palm Strike (left hand) | | | | |

| ORAL TEST QUESTIONS | GREAT | FAIR | REDO | COMMENTS |
|--|--------------|-------------|-------------|-----------------|
| What is the meaning of Yellow Belt? | | | | |
| What is the meaning of Dan-Gun? | | | | |
| What is the definition of a Rising Movement? | | | | |
| What is Continuous Motion? | | | | |

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

Examiner: _____ Signature: _____ Date: _____

ADDITIONAL NOTES:

Things you did well: _____

Things to work on: _____
