

WARRIOR CODE TAEKWON-DO ACADEMY

YELLOW STRIPE (09th GRADE) PROMOTION TESTING SHEET

Name of Student: _____ Age: _____ Date: _____

PHYSICAL TEST	GREAT	FAIR	REDO	COMMENTS:
4.0 Minutes of Running				
4.0 Minutes of Jump Rope				
15 - Proper / Full Push Ups				
15 - Proper / Full Sit Ups				
15 - Proper / Full Squats				
10 - Speed Front Snap Kicks (<i>each leg</i>)				
10 - Speed Turning Kicks (<i>each leg</i>)				
FUNDAMENTAL MOVEMENTS	GREAT	FAIR	REDO	COMMENTS
Parallel Stance Punch & Sitting Stance Punch				
Walking Stance Middle Punch (Obverse / Reverse)				
Walking Stance Low Block (Forearm & Knife-hand)				
L-Stance Middle Reverse Punch				
L-Stance Middle Inner Forearm Block				
L-Stance Middle Forearm Guarding Block				
FUNDAMENTAL KICKING DRILLS	GREAT	FAIR	REDO	COMMENTS
Downward Kick (Walking Ready Stance)				
Turning Kick (L-Stance Forearm Guarding Block)				
Side Piercing Kick (L-Stance Forearm Guarding Block)				
PATTERN DRILLS / PATTERNS	GREAT	FAIR	REDO	COMMENTS
Four Direction Punch (Saju Jirugi)				
Four Direction Block (Saju Makgi)				
Pattern Chon-Ji (Chon-Ji Tul)				
SPARRING DRILLS & EXERCISES	GREAT	FAIR	REDO	COMMENTS
Three Step Sparring #1 - performed alone				
Three Step Sparring #2 - performed alone				
Three Step Sparring #3 - performed alone				
Three Step Sparring #4 - performed alone				
Sparring Stance - Single Step (forward / backward)				
Combos (punches - Front kick, Downward, Turning)				
SELF-DEFENSE & SELF- DEFENSE DRILLS	GREAT	FAIR	REDO	COMMENTS
Front & Back Break Falls (from Squatting Positon)				
Side Break Fall (Right Side & Left Side)				
Straight Wrist Grab & Cross Wrist Grab Release				
Front Choke Release & Counter Attack				

Name of Student: _____

Rank: Yellow Stripe

ORAL TEST QUESTIONS	GREAT	FAIR	REDO	COMMENTS
What is the meaning of Chon-Ji Tul?				
What is the meaning of White Belt?				
Please count from 1-10 in Korean				

Test Result: _____

Next Possible Grading: 3-Month Minimum

Examiner: _____

Signature: _____

Date: _____

ADDITIONAL NOTES:

Things you did well: _____

Things to work on: _____

