

Little Kicks Testing form

Fitness & Knowledge (1 minute each)

1, Sit ups _____ (2) Push ups _____ (3) Jumping Jacks _____ (4) Leg Balance _____

(5) 50' running sprints with push up each end _____ (6) Belt Tying _____

(7) Koean counting 1-10 _____ (8) MARTIAL ARTS PRINCIPLE _____

Muscle groups

1 _____, 2 _____, 3 _____, 4 _____, 5 _____, 6 _____

, 7 _____, 8 _____, 9 _____, 10 _____

Stance

1 _____, 2 _____, 3 _____, 4 _____

5 _____, 6 _____, 7 _____, 8 _____

9 _____, 10 _____, 11 _____, 12 _____

Kicks

1 _____, 2 _____, 3 _____, 4 _____

Kick and punch combo 5 _____ 6 _____

Forms

Il Yang _____

Blocking Form _____

Solo Punch Block _____

Solo Punch Song Moo Kwan _____

Name _____ Age _____

Current Belt Rank _____

Instructor or parent _____ Date _____

(Rev June 2 2020)