



STUDENTS NAME: _____

TEST DATE: ____/____/____

AGE: _____ BELT SIZE: _____

RESULT: _____

JUDGES NAME: _____

POSITIONS

- _____ 1. Attention - position for focusing
- _____ 2. Ready Position - position for preparing
- _____ 3. Parade Rest - listening position

STANCES

- _____ 1. Fighting Stance
- _____ 2. Front Stance (*hands on hips*)
- _____ 3. Back Stance (*hands on hips*)
- _____ 4. Horseback Stance (*hands on hips*)

BASICS—from Ready Position

- _____ 1. Downward Block
- _____ 2. Upward Block
- _____ 3. Outward Block
- _____ 4. Inward Block
- _____ 5. Middle Punch
- _____ 6. Knifehand Attack

BASICS—from Back Stance

- _____ 1. Side-Middle Block—in place
- _____ 2. Knifehand Middle Block—in place

BASIC KICKING—from Fighting Stance

- _____ 1. Rear Leg Front Kick—*elbow in to protect ribs*
- _____ 2. Slide Front Kick—*elbow in to protect ribs*
- _____ 3. Slide Side Kick

SELF-DEFENSE

- _____ 1. 8 Self-Defense Blocks—inward, outward, downward, upward; in place, hands open

EQUIPMENT TRAINING—Tae Kwon Do Paddles

- _____ 1. Rear Leg Uprising Kick—right leg
- _____ 2. Middle Punch—right hand

MARTIAL ARTS PHILOSOPHY—Answer prior to test, on back or on separate piece of paper

- 1. What is the purpose of bowing?
- 2. Why should we listen carefully?
- 3. Why are you training in the martial arts?