



STUDENTS NAME: \_\_\_\_\_  
 AGE: \_\_\_\_\_ BELT SIZE: \_\_\_\_\_

TEST DATE: \_\_\_/\_\_\_/\_\_\_  
 RESULT: \_\_\_\_\_

JUDGES NAME: \_\_\_\_\_

**FOOTWORK**

- \_\_\_\_\_ 1. Slide Step Forward and Backward
- \_\_\_\_\_ 2. Full Step Forward and Backward

**BASICS—*from Front Stance***

- |                         |                                  |
|-------------------------|----------------------------------|
| _____ 1. Downward Block | _____ 5. Middle Punch            |
| _____ 2. Upward Block   | _____ 6. Knifehand Attack        |
| _____ 3. Outward Block  | _____ 7. <b>High Punch</b>       |
| _____ 4. Inward Block   | _____ 8. <b>Spearhand Attack</b> |

**BASICS—*from Back Stance***

- |  |                                       |
|--|---------------------------------------|
| _____ 1. Side-Middle Block               | _____ 4. <b>Double Middle Block</b>   |
| _____ 2. Knifehand Middle Block          | _____ 5. <b>Double Downward Block</b> |
| _____ 3. <b>Knifehand Downward Block</b> |                                       |

**BASIC KICKING—*from Fighting Stance***

- |   |                                 |
|---|---------------------------------|
| _____ 1. Rear Leg Front Kick— <i>elbow in to protect ribs</i> | _____ 3. <b>Jump Front Kick</b> |
| _____ 2. Slide Front Kick— <i>elbow in to protect ribs</i>    | _____ 4. Slide Side Kick        |

**SELF-DEFENSE**

- \_\_\_\_\_ 1. **8 Self-Defense Blocks with Counterstrike (Punch)**
- \_\_\_\_\_ 2. **Double Punch—*from Fighting Stance***
- \_\_\_\_\_ 3. **Double Punch with Snap Front Kick—*from Fighting Stance, both sides***

**EQUIPMENT TRAINING**

- |  |   |
|--|---|
| <p><b><i>Tae Kwon Do Paddles</i></b></p> <ul style="list-style-type: none"> <li>_____ 1. Slide Uprising Kick</li> <li>_____ 2. Full Step Uprising Kick</li> <li>_____ 3. Right, Left Uprising Kick</li> <li>_____ 4. Backfist—<i>with front hand</i></li> <li>_____ 5. Hammerfist—<i>with rear hand</i></li> </ul> | <p><b><i>Focus Mitts</i></b></p> <ul style="list-style-type: none"> <li>_____ 6. Left/Right (2x), Right/Left (2x) Straight Punch</li> <li>_____ 7. Left/Right Punch, Right Uprising Kick</li> </ul> |
|--|---|

**POOMSAE—FORMS**

- \_\_\_\_\_ 1. Palgwae 1—*first eight movements*

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

- 1. Memorize Student Pledge—*be able to recite upon request*
- 2. When do you use martial arts?
- 3. Why do we show respect?