



STUDENTS NAME: _____
 AGE: _____ BELT SIZE: _____

TEST DATE: ___/___/___
 RESULT: _____

JUDGES NAME: _____

FOOTWORK

- | | |
|--|--|
| _____ 1. Slide Step Forward and Backward | _____ 1. Shuffle Step Forward and Backward |
| _____ 2. Full Step Forward and Backward | _____ 2. Side Step Left and Right |
| _____ 3. Half Step Forward and Backward | |

BASICS—from Front Stance

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

BASICS—from Back Stance

- | | |
|-----------------------------------|--------------------------------|
| _____ 1. Side-Middle Block | _____ 4. Double Middle Block |
| _____ 2. Knifehand Middle Block | _____ 5. Double Downward Block |
| _____ 3. Knifehand Downward Block | |

BASIC KICKING—from Fighting Stance

- | | |
|---|------------------------------------|
| _____ 1. Rear Leg Front Kick— <i>elbow in to protect ribs</i> | _____ 5. Rear Leg Roundhouse Kick |
| _____ 2. Slide Front Kick— <i>elbow in to protect ribs</i> | _____ 6. Back Kick |
| _____ 3. Slide Side Kick | _____ 7. Long Step Jump Front Kick |
| _____ 4. Rear Leg Side Kick | |

SELF-DEFENSE

- _____ 1. 8 Self-Defense Blocks with Palm Strike
 _____ 2. 8 Self-Defense Blocks with Half-fist
 _____ 3. Double Punch with Snap Front Kick (step forward), Right Elbow Strike

EQUIPMENT TRAINING

Tae Kwon Do Paddles

- _____ 1. Slide Uprising Kick
 _____ 2. Rear Leg High Roundhouse Kick (instep)
 _____ 3. Ax Kick (straight leg)

Focus Mitts

- _____ 4. Sets of 2 or 3 Punching Combinations (straight punches)
 _____ 5. Right/Left Punch, Right Uprising Kick, Left Uprising Kick

POOMSAE—FORMS

- _____ 1. Palgwae 1—all 20 movements

Kicking Shield

- _____ 6. Right Rear Leg Uprising Kick
 _____ 7. Double Right Rear Leg Uprising Kick
 _____ 8. Slide Side Kick

FREESPARRING

- _____ 1. Point Style—2-minute round
 _____ 2. Tae Kwon Do Style—2-minute round

PHYSICAL CONDITIONING

1. Push-ups—20 second round 1st: _____ 2nd: _____
 2. Sit-ups—20 second round 1st: _____ 2nd: _____

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

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|------------------------------|---|
| 1. What is a goal? | 3. Name one long-term goal. |
| 2. Name one short-term goal. | 4. What would it take to reach your goal? |