



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

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

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

**FOOTWORK**

- |  |   |
|--|---|
| _____ 1. Slide Step Forward and Backward   | _____ 5. Side Step Left and Right               |
| _____ 2. Full Step Forward and Backward    | _____ 6. Spin Step Forward                      |
| _____ 3. Half Step Forward and Backward    | _____ 7. Step Back Step                         |
| _____ 4. Shuffle Step Forward and Backward | _____ 8. Full Step Forward, Slide Step Backward |

**BASICS—Tae Kwon Do Blocks and Strikes**

*Front Stance Techniques*

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

*Back Stance Techniques*

- \_\_\_\_\_ 1. Side-Middle Block
- \_\_\_\_\_ 2. Knifehand Middle Block
- \_\_\_\_\_ 3. Knifehand Downward Block
- \_\_\_\_\_ 4. Double Middle Block
- \_\_\_\_\_ 5. Double Downward Block

**BASIC KICKING**

*Slide Kicks*

- \_\_\_\_\_ 1. Front Kick
- \_\_\_\_\_ 2. Side Kick

*Rear Leg Kicks*

- \_\_\_\_\_ 1. Front Kick
- \_\_\_\_\_ 2. Side Kick
- \_\_\_\_\_ 3. Roundhouse Kick
- \_\_\_\_\_ 4. Back Kick

*Pop-Up Kicks*

- \_\_\_\_\_ 1. Front Kick
- \_\_\_\_\_ 2. Side Kick

*Long-Step Kicks*

- \_\_\_\_\_ 1. Front Kick
- \_\_\_\_\_ 2. Side Kick

**SELF-DEFENSE**

*Self-Defense Strikes—in the air or with partner*

- \_\_\_\_\_ 1. Straight Punch—to nose
- \_\_\_\_\_ 2. Palm Strike—to nose
- \_\_\_\_\_ 3. Claw—to eyes
- \_\_\_\_\_ 4. Half-Fist—to throat
- \_\_\_\_\_ 5. Middle-Knuckle Strike—to solar plexus
- \_\_\_\_\_ 6. Hammerfist—to nose, downward motion
- \_\_\_\_\_ 7. Backfist—front hand, to nose or temple
- \_\_\_\_\_ 8. Ridgehand—to nose or temple
- \_\_\_\_\_ 9. Elbow—to head
- \_\_\_\_\_ 10. Spearhand—to solar plexus

*Self-Defense Techniques—with partner*

- \_\_\_\_\_ 1. Left Outside Block, Right Palm Strike, Right Knee (step back), Right Elbow Strike
- \_\_\_\_\_ 2. Right Outside Block, Left Forearm Elbow Break, Right Elbow Strike to Head or Ribs

**EQUIPMENT TRAINING**

*Tae Kwon Do Paddles*

- \_\_\_\_\_ 1. Fake Front Kick, Rear Leg Uprising Kick—to head
- \_\_\_\_\_ 2. Jump Uprising Kick
- \_\_\_\_\_ 3. Spin Step Uprising Kick
- \_\_\_\_\_ 4. 360-degree Uprising Kick
- \_\_\_\_\_ 5. Rear Hand Back Fist
- \_\_\_\_\_ 6. Spin Backfist
- \_\_\_\_\_ 7. Left Back Fist, Right Punch—to ribs

*Kicking Shield*

- \_\_\_\_\_ 8. Full Step Uprising Kick—to body
- \_\_\_\_\_ 9. Jump Uprising Kick
- \_\_\_\_\_ 10. Pop-Up Uprising Kick
- \_\_\_\_\_ 11. Back Kick
- \_\_\_\_\_ 12. Full Step Back Kick

**POOMSAE—FORMS**

- \_\_\_\_\_ 1. Palgwae 1
- \_\_\_\_\_ 2. Palgwae 2

**FREESPARRING**

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

**MARTIAL ARTS PHILOSOPHY**

*Answer prior to test, on back or on separate piece of paper*

**PHYSICAL CONDITIONING**

- 1. Push-ups—30 second round 1st: \_\_\_\_\_ 2nd: \_\_\_\_\_
- 2. Sit-ups—30 second round 1st: \_\_\_\_\_ 2nd: \_\_\_\_\_

- 1. What is Self-Defense?
- 2. What does it mean to have Self-Control?
- 3. How does Martial Arts enhance your life?
- 4. What are the four most important things in your life?