



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

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

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

**FOOTWORK**

- \_\_\_\_\_ 1. Slide Step Forward and Backward
- \_\_\_\_\_ 2. Full Step Forward and Backward
- \_\_\_\_\_ 3. Half Step Forward and Backward
- \_\_\_\_\_ 4. Shuffle Step Forward and Backward
- \_\_\_\_\_ 5. Side Step Left and Right
- \_\_\_\_\_ 6. Spin Step Forward

- \_\_\_\_\_ 7. Step Back Step
- \_\_\_\_\_ 8. Full Step Forward, Slide Step Back
- \_\_\_\_\_ 9. Full Step Forward, Same Place Step
- \_\_\_\_\_ 10. Full Step Forward, Side Step

**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
- \_\_\_\_\_ 3. Roundhouse Kick
- \_\_\_\_\_ 4. Back Kick

*Long Step Kicks*

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

**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

**SELF-DEFENSE TECHNIQUES**

- \_\_\_\_\_ 1. Side Elbow Strike—to face
- \_\_\_\_\_ 2. Upward Elbow Strike—to chin
- \_\_\_\_\_ 3. Downward Elbow Strike—to spine
- \_\_\_\_\_ 4. Straight Knee
- \_\_\_\_\_ 5. Side Knee

*One Step Attacks*

- \_\_\_\_\_ 1. Left Front Kick, Right Front Kick, Right Jump Front Kick, Double Punch
- \_\_\_\_\_ 2. Left Side Kick, Right Back Kick, Double Punch

**EQUIPMENT TRAINING**

*Tae Kwon Do Paddles*

- \_\_\_\_\_ 1. Slide Outside Crescent Kick
- \_\_\_\_\_ 2. Rear Leg Crescent Kick
- \_\_\_\_\_ 3. Spin Crescent Kick
- \_\_\_\_\_ 4. Slide Hook Kick
- \_\_\_\_\_ 5. Ax Kick—bent leg

*Focus Mitts*

- \_\_\_\_\_ 1. Left/Right (2x), Right/Left (2x) Straight Punches
- \_\_\_\_\_ 2. Left/Right (2x), Right/Left (2x) Hook Punches
- \_\_\_\_\_ 3. Left/Right (2x), Right/Left (2x) Uppercut Punches

**KENPO MASTER FORM—techniques**

*Yellow Belt*

- \_\_\_\_\_ 1. Delayed Sword
- \_\_\_\_\_ 2. Obscure Wing
- \_\_\_\_\_ 3. Sword of Destruction
- \_\_\_\_\_ 4. Lone Kimono
- \_\_\_\_\_ 5. Thrusting Salute

**FREESPARRING**

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

**POOMSAE—FORMS**

- \_\_\_\_\_ 1. Palgwae 1
- \_\_\_\_\_ 2. Palgwae 2
- \_\_\_\_\_ 3. Palgwae 3

**PHYSICAL CONDITIONING**

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

**MARTIAL ARTS PHILOSOPHY**

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

- 1. What makes a good teacher?
- 2. Who do you appreciate and why?
- 3. Who has been the greatest influence on you?
- 4. What makes a well-rounded martial artist?
- 5. Submit your time management schedule.