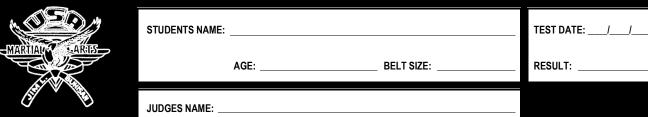
JIM	L.	BUH	ISA	N'S	USA	MART	I A L	ART	s -	TEST	FORM



MARTIALVARIES	AGE:	BELT SIZE:	RESULT:
	JUDGES NAME:		
TRAINING DRILLS			
	unds of Footwork, Boxing, and Kick Jprising Kick, Right/Left Punch Upri	•	
BASICS— Tae Kwon L	Do Blocks, Strikes, and I	Footwork	
Spin Step Fwd., Ste Front Stance Technique 1. Overall Grade—Bloe Back Stance Techniques	p Back Step, Full Step Fwd. And Slide s cks: Downward, Upward, Outward, Inw s		
BASIC KICKING			
Slide Kicks 1. Front Kick Side Kick	Rear Leg Kicks	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
Combination Kicking 1. Set of 5 Basic Kick	s		
SELF-DEFENSE TECH	INIQUES	EQUIPMENT TRAINING	G
1. 8 Self-Defense Blo	cks—with Elbow Breaks	Tae Kwon Do Paddles 1. Wheel Kick 2. Push Kick	
Yellow Belt 1. Overall Grade Orange Belt 2. Beheading the Dra 3. Escaping Ram	·	3. Right Uprising Kid 4. Right Uprising Kid 5. Right Uprising Kid Focus Mitts	ck, Left Uprising Kick, Wheel Kick ck, Left Uprising Kick, Push Kick ck, Left Uprising Kick, Ax Kick unds of Punching and Uprising Kicks
4. Thrusting Release 5. Returning Serpent		FREESPARRING	tto round

Point Style—2-minute round Thunder and Lightning Tae Kwon Do Style—2-minute round

POOMSAE—FORMS

Palgwae 1
Palgwae 2
Palgwae 3
Palgwae 4

PHYSICAL CONDITIONING

Push-Ups

1.	Triangle Push-Ups-instruct	Total:				
2.	Push-Ups—30-second round	1st:	2nd:			
Sit-Ups						
3.	Sit-Ups—45-second round	1st:	2nd:			

MARTIAL ARTS PHILOSOPHY

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

- 1. Who have you influenced and how have you influenced them?
- 2. What makes a good role model?
- 3. How had martial arts training influenced your home life?
- 4. How has martial arts training influenced you in school or at work?