



STUDENTS NAME: _____
 AGE: _____ BELT SIZE: _____

TEST DATE: ___/___/___
 RESULT: _____

JUDGES NAME: _____

TRAINING DRILLS

- _____ 1. Two 20-second rounds of Footwork, Boxing, and Kicking
- _____ 2. Left/Right Punch, Uprising Kick, Right/Left Punch Uprising Kick

BASICS— Tae Kwon Do Blocks, Strikes, and Footwork

Footwork

- _____ 1. Overall Grade—Slide Step Fwd. And Back, Full Step Fwd. And Back, Half Step Fwd. And Back., Side Step Left and Right, Shuffle Step Fwd. And Back, Spin Step Fwd., Step Back Step, Full Step Fwd. And Slide Step Back, Full Step Fwd. And Same Place Step, Full Step Fwd. And Side Step

Front Stance Techniques

- _____ 1. Overall Grade—Blocks: Downward, Upward, Outward, Inward, Strikes: Middle Punch, High Punch, Knifehand, Spearhand

Back Stance Techniques

- _____ 2. Overall Grade—Blocks: Side Middle, Knifehand Middle, Knifehand Down, Double Middle, Double Downward

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

Combination Kicking

- _____ 1. Set of 5 Basic Kicks

SELF-DEFENSE TECHNIQUES

- _____ 1. 8 Self-Defense Blocks—with Elbow Breaks

KENPO MASTER FORM—techniques

Yellow Belt

- _____ 1. Overall Grade

Orange Belt

- _____ 2. Beheading the Dragon
- _____ 3. Escaping Ram
- _____ 4. Thrusting Release
- _____ 5. Returning Serpent
- _____ 6. Deflecting Thunder
- _____ 7. Thunder and Lightning

EQUIPMENT TRAINING

Tae Kwon Do Paddles

- _____ 1. Wheel Kick
- _____ 2. Push Kick
- _____ 3. Right Uprising Kick, Left Uprising Kick, Wheel Kick
- _____ 4. Right Uprising Kick, Left Uprising Kick, Push Kick
- _____ 5. Right Uprising Kick, Left Uprising Kick, Ax Kick

Focus Mitts

- _____ 6. Two 30-second rounds of Punching and Uprising Kicks

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
- _____ 4. Palgwae 4

PHYSICAL CONDITIONING

Push-Ups

- 1. Triangle Push-Ups—instructors count 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?