



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

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

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

**TRAINING DRILLS**

- \_\_\_\_\_ 1. Two 30-second rounds of Footwork, Boxing, and Kicking
- \_\_\_\_\_ 2. Left/Right Punch Semi-Ax Kick, Right/Left Punch Semi-Ax Kick—down line

**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. Two sets of 5 Basic Kicks
- \_\_\_\_\_ 2. Two sets of 5 Freesparring Kicks

**SELF-DEFENSE TECHNIQUES**

- \_\_\_\_\_ 1. 8 Self-Defense Blocks—with Elbow Breaks
- \_\_\_\_\_ 2. 8 Self-Defense Blocks—with Elbow Breaks and one Counterstrike

**KENPO MASTER FORM—techniques**

**Yellow Belt**

- \_\_\_\_\_ 1. Overall Grade

**Orange Belt**

- \_\_\_\_\_ 2. Overall Grade

**Purple Belt**

- \_\_\_\_\_ 3. Stopping the Storm
- \_\_\_\_\_ 4. Hidden Wing
- \_\_\_\_\_ 5. Circling Serpent
- \_\_\_\_\_ 6. Hooking Thunder
- \_\_\_\_\_ 7. Captured Wing
- \_\_\_\_\_ 8. Clapping Tiger
- \_\_\_\_\_ 9. Raking Hammer

**POOMSAE—FORMS**

**Palgwae Forms**

- \_\_\_\_\_ 1. Palgwae 1
- \_\_\_\_\_ 2. Palgwae 2
- \_\_\_\_\_ 3. Palgwae 3
- \_\_\_\_\_ 4. Palgwae 4

**Chumo Forms**

- \_\_\_\_\_ 1. Chumo 1

**FREESPARRING**

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

**EQUIPMENT TRAINING**

**Tae Kwon Do Paddles**

- \_\_\_\_\_ 1. Right Ridgehand Strike
- \_\_\_\_\_ 2. Right Knifehand Attack
- \_\_\_\_\_ 3. Right Spin Backfist
- \_\_\_\_\_ 4. Right Elbow Strike
- \_\_\_\_\_ 5. Left Backfist, Right Punch
- \_\_\_\_\_ 6. Left Backfist, Right Punch—same time
- \_\_\_\_\_ 7. Right Uprising, Right 360-degree Uprising, Left Uprising, Right Wheel Kick
- \_\_\_\_\_ 8. Right Uprising, Double Uprising, Left Uprising, Right Wheel Kick

**Kicking Shield**

- \_\_\_\_\_ 9. Slide Side Kick, Back Kick—both sides
- \_\_\_\_\_ 10. Right Uprising, Left Uprising, Right Back Kick
- \_\_\_\_\_ 11. Right Jump Back Kick

**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. How do you show respect and courtesy?
- 2. What contributions have you made to the studio and your fellow students?
- 3. What times are you available to assist classes? (Submit on separate sheet of paper)
- 4. Why is assisting important?
- 5. Are you on track to reach your Black Belt goal? Explain.