



STUDENTS NAME: _____

AGE: _____ BELT SIZE: _____

TEST DATE: ___/___/___

RESULT: _____

JUDGES NAME: _____

TRAINING DRILLS

- | | |
|--|---|
| _____ 1. Two 30-second rounds of Footwork, Boxing, and Kicking | _____ 4. Slide Low/High Roundhouse Kick |
| _____ 2. L/R Punch, Uprising Kick, R/L Punch Uprising Kick | _____ 5. Double Roundhouse Kick—lead leg |
| _____ 3. L/R Punch, Right Semi-Ax, R/L Punch, Left Semi-Ax | _____ 6. Slide Hook Kick, Roundhouse 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. Two sets of 5 Basic Kicks
_____ 2. Two sets of 5 Freesparring Kicks

SELF-DEFENSE TECHNIQUES

- _____ 1. 14 Self-Defense Blocks
_____ 2. Thumb Restraint
_____ 3. Wrist Restraint
_____ 4. Elbow Restraint

EQUIPMENT TRAINING

Tae Kwon Do Paddles

- _____ 1. Right Elbow Strike
_____ 2. Right Uprising, Right Backfist
_____ 3. Left Backfist, Right Spinning Backfist

Focus Mitts

- _____ 4. Two 30-second rounds of Punching and Uprising Kicks

KENPO MASTER FORM—techniques

Yellow Belt

- _____ 1. Overall Grade

Orange Belt

- _____ 2. Overall Grade

Purple Belt

- _____ 3. Overall Grade

Kenpo Master Form—with attackers

- _____ 1. Kenpo Master Form through Purple Belt with Attackers

FREESPARRING

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

PHYSICAL CONDITIONING

Push-Ups

1. Triangle Push-Ups—instructors count Total: _____
2. Push-Ups—30-second round 1st: _____ 2nd: _____

Sit-Ups

3. Sit-Ups—1-minute round 1st: _____ 2nd: _____

POOMSAE—FORMS

Palgwae Forms

- _____ 1. Palgwae 1
_____ 2. Palgwae 2
_____ 3. Palgwae 3
_____ 4. Palgwae 4
_____ 5. Palgwae 5

Chumo Forms

- _____ 1. Chumo 1

MARTIAL ARTS PHILOSOPHY

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

1. What is "Self-Esteem"?
2. What is "Self-Concept"?
3. How do you build self-esteem in yourself?
4. How do you build self-esteem in others?
5. How many days have you assisted since your last test?