



STUDENTS NAME: _____

TEST DATE: ___/___/___

AGE: _____ BELT SIZE: _____

RESULT: _____

JUDGES NAME: _____

TRAINING DRILLS

- | | |
|--|--|
| _____ 1. Two 30-second rounds of Footwork, Boxing, and Kicking | _____ 5. Rear Leg Fake Front Kick, Roundhouse Kick—same leg |
| _____ 2. Slide Low, High Roundhouse Kick | _____ 6. L/R Punch, R Uprising Kick, R/L Punch, L Uprising Kick; |
| _____ 3. Double Roundhouse Kick—lead leg | L/R Punch, R Semi-Ax Kick, R/L Punch, L Semi-Ax Kick; |
| _____ 4. Slide Hook Kick, Roundhouse Kick | L/R Punch, R Ax Kick, R/L Punch, L Ax 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. 8 Self-Defense Blocks with Multiple Counterstrikes

EQUIPMENT TRAINING

Focus Mitts

- _____ 1. Left Jab, Right Hook to body (2x); Right Punch, Left Hook to body (2x)
_____ 2. Left Jab, Right Uppercut to chin (2x); Right Punch, Left Uppercut to chin (2x)
_____ 3. Left Hook, Right Uppercut (2x); Right Hook, Left Uppercut (2x)

Kicking Shield

- _____ 1. Reaction Training—Uprising Kicks Only (1,2,3... Drill) - Two 30-second rounds

KENPO MASTER FORM—techniques

Yellow Belt

- _____ 1. Overall Grade

Orange Belt

- _____ 2. Overall Grade

Purple Belt

- _____ 3. Overall Grade

Blue Belt

- _____ 4. Overall Grade

Kenpo Master Form—with attackers

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

FREESPARRING

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

PHYSICAL CONDITIONING

Push-Ups

1. Push-Ups—30-second round 1st: _____ 2nd: _____

Sit-Ups

2. 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
_____ 6. Palgwae 6

Chumo Forms

- _____ 1. Chumo 1
_____ 2. Chumo 2

MARTIAL ARTS PHILOSOPHY

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

1. Explain the four modalities?
People learn in 4 ways: Audio, Visual, Tactile, & Kinesthetic (explain in detail)
2. How do you get someone to respect you?
3. Comment on these words: Home, School/Work, and Studio.
4. What do you like about USA Martial Arts and how can we improve?