



STUDENTS NAME: \_\_\_\_\_

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

AGE: \_\_\_\_\_ BELT SIZE: \_\_\_\_\_

RESULT: \_\_\_\_\_

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

### TRAINING DRILLS

- |  |  |
|--|--|
| _____ 1. Two 30-second rounds of Footwork, Boxing, and Kicking | _____ 5. <b>Backfist, Slide Side Kick—both sides</b>             |
| _____ 2. Slide Low, High Roundhouse Kick                       | _____ 6. <b>Slide Side Kick, Back Kick</b>                       |
| _____ 3. Double Roundhouse Kick—lead leg                       | _____ 7. <b>Back Kick, Rear Leg Uprising Kick</b>                |
| _____ 4. Slide Hook Kick, Roundhouse Kick                      | _____ 8. L/R Punch, R Uprising Kick, R/L Punch, L Uprising Kick; |
| _____ 5. Rear Leg Fake Front Kick, Roundhouse Kick—same leg    | L/R Punch, R Semi-Ax Kick, R/L Punch, L Semi-Ax Kick;            |
| _____ 6. <b>Backfist, Slide Roundhouse Kick—both sides</b>     | 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

### KENPO MASTER FORM—techniques

**Yellow Belt**

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

**Orange Belt**

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

**Purple Belt**

- \_\_\_\_\_ 3. Overall Grade

**Blue Belt**

- \_\_\_\_\_ 4. Overall Grade

**Green Belt**

- \_\_\_\_\_ 5. Fists of Fury  
\_\_\_\_\_ 6. Gathering the Dragon  
\_\_\_\_\_ 7. Bolo  
\_\_\_\_\_ 8. Up the Circle  
\_\_\_\_\_ 9. Rolling Thunder  
\_\_\_\_\_ 10. Twirling Fans  
\_\_\_\_\_ 11. Stinging Butterfly  
\_\_\_\_\_ 12. Escaping Wing  
\_\_\_\_\_ 13. Broken Lightning

**Kenpo Master Form—with attackers**

- \_\_\_\_\_ 1. Kenpo Master Form through Blue Belt with Attackers

### POOMSAE—FORMS

**Palgwae Forms**

- \_\_\_\_\_ 1. Palgwae 1  
\_\_\_\_\_ 2. Palgwae 2  
\_\_\_\_\_ 3. Palgwae 3  
\_\_\_\_\_ 4. Palgwae 4  
\_\_\_\_\_ 5. Palgwae 5  
\_\_\_\_\_ 6. Palgwae 6  
\_\_\_\_\_ 7. Palgwae 7

**Chumo Forms**

- \_\_\_\_\_ 1. Chumo 1  
\_\_\_\_\_ 2. Chumo 2  
\_\_\_\_\_ 3. Chumo 3

### SELF-DEFENSE TECHNIQUES

**Self-Defense Basics**

- \_\_\_\_\_ 1. 14 Self-Defense Blocks  
\_\_\_\_\_ 2. **8 Self-Defense Blocks—with Elbow Breaks and Multiple Counterstrikes**  
**Creative Self-Defense**  
\_\_\_\_\_ 3. **Make up Three Self-Defense Techniques**

### EQUIPMENT TRAINING

**Tae Kwon Do Paddles**

- \_\_\_\_\_ 1. Rear Leg Uprising Kick  
\_\_\_\_\_ 2. Rear Leg Roundhouse Kick  
\_\_\_\_\_ 3. Slide Outside Crescent Kick  
\_\_\_\_\_ 4. Rear Leg Inside Crescent Kick  
\_\_\_\_\_ 5. **360-degree Jump Inside Crescent Kick**  
\_\_\_\_\_ 6. Slide Hook Kick  
\_\_\_\_\_ 7. Wheel Kick  
\_\_\_\_\_ 8. Rear Leg Push Kick  
\_\_\_\_\_ 9. Rear Leg Ax Kick

**Focus Mitts**

- \_\_\_\_\_ 1. Three 30-second rounds of Punches and Uprising Kicks

### 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: \_\_\_\_\_

### MARTIAL ARTS PHILOSOPHY

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

1. What are the requirements to test for Black Belt? (What will be expected of you?)  
2. Describe a **positive** situation that you have had as an assistant.  
3. Describe a **negative** situation that you have had as an assistant.  
4. What keeps you motivated to train in the martial arts?