

ORANGE

HEAD GEAR NEEDED

BELT TESTING – WHITE UNIFORM ONLY

First Name: _____ Last Name: _____ Date of Birth: _____ Age: _____

Phone #: () _____ - _____ Address: _____

Circle Your Training Location: TR / FR / BR / MID / HOW / CM / Y / J / OTHER _____

Are you a Black Belt Club Member? YES _____ NO _____ Belt Size: 00 – 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 (circle one)

Special Information for the Judges _____

5 POINTS - _____

_____ White Uniform _____ Chest & Shoulder Patches
_____ Clean Uniform & Body _____ Belt tied properly

15 POINTS - _____

_____ EQUIPMENT (HAND GEAR)

DEMONSTRATION DRILL

10 POINTS - _____

JOON BE (Ready Stance) _____ RIGHT ATTACK _____ PUNCHING _____ TAE KWON DO _____

20 POINTS - _____

BLOCKS (Kids-stationary/Teens & Adults-walking)

UPPER FORWARD STANCE _____
DOWN FORWARD STANCE _____
CENTER FORWARD STANCE _____
INWARD FORWARD STANCE _____

BALANCE _____
FOCUS _____
POWER _____
DEEP STANCE _____
SNAP _____

20 POINTS - _____

KICKS (STATIONARY)

	LEFT	RIGHT
FRONT KICK	_____	_____
SIDE KICK	_____	_____
SLAP KICK	_____	_____
CRESENT KICK	_____	_____
BACK KICK	_____	_____
ROUNDHOUSE KICK	_____	_____

10 POINTS - _____

EIGHT POINT STAR – STRIKE

POWER _____
DEEP STANCES _____
KNOWLEDGE _____
KEIA (YELL) _____

10 POINTS - _____

BREAKING (ELBOW)

TECHNIQUE ____ FOCUS ____
CONCENTRATION _KEIAS ____

10 POINTS - _____

CONTROLLED BACKHAND PUNCHING TO HEAD

TECHNIQUE ____ FOCUS ____
CONCENTRATION _KEIAS ____

PERFORMANCE SCORING

0 ✓ X
NEED MORE WORK GOOD EXCELLENT

TOTAL SCORE (PASSING = 70+) _____

JUDGED BY: _____

PROMOTION EXAM FEE: \$45.00

APPLICATION MUST BE HANDED IN BY: _____ RECEIVED BY: _____