

YELLOW

**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 _____ Belt tied properly

_____ Chest & Shoulder Patches

_____ Clean Uniform & Body

15 POINTS - _____

_____ EQUIPMENT (HEAD GEAR)

20 POINTS - _____

BLOCKS AND PUNCH

UPPER RIGHT AND PUNCH _____

UPPER LEFT AND PUNCH _____

CENTER RIGHT AND PUNCH _____

CENTER LEFT AND PUNCH _____

INWARD RIGHT AND PUNCH _____

INWARD LEFT AND PUNCH _____

DOWNWARD RIGHT AND PUNCH _____

DOWNWARD LEFT AND PUNCH _____

20 POINTS - _____

KICKS (STATIONARY)

FRONT KICK RIGHT LEG _____

FRONT KICK LEFT LEG _____

SLAP KICK RIGHT LEG _____

SLAP KICK LEFT LEG _____

SIDE KICK RIGHT LEG _____

SIDE KICK LEFT LEG _____

BACK KICK RIGHT LEG _____

BACK KICK LEFT LEG _____

20 POINTS - _____

EIGHT POINT STAR – STANCE

POWER _____

DEEP STANCES _____

KNOWLEDGE _____

KEIA (YELL) _____

10 POINTS - _____

BREAKING (KNIFE HAND)

TECHNIQUE ____ FOCUS ____

CONCENTRATION __ KEIAS ____

10 POINTS - _____

SSEIRUM (20 SECOND DEMO)

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: _____

