



Empty



Name: _____ Date of Testing: _____

Age: _____ Belt Size: _____ Student's Conditions: _____

Student's Signature, if over 18 _____ Parent or Guardian Signature, if under 18 _____

| Pass | Fail | | Comments |
|------|------|--|----------|
|------|------|--|----------|

Techniques

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | Low, Middle (out to in), and High Blocks | _____ |
| <input type="radio"/> | <input type="radio"/> | Front Snap Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Front and Horse Stances | _____ |
| <input type="radio"/> | <input type="radio"/> | Reverse Punch | _____ |

Forms

- | | | | |
|-----------------------|-----------------------|------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Kibon Hana | _____ |
| <input type="radio"/> | <input type="radio"/> | Tae Geuk Cho Dan | _____ |

Self-Defense

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | #1: Step R 45° to horseback stance + R out to in middle block, L middle punch, R middle punch | _____ |
| <input type="radio"/> | <input type="radio"/> | #2: Step L 45° to horseback stance + L out to in middle block, R middle punch, L high punch | _____ |

Hoshinsool

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | #1 Step back with R to R front stance + rotate wrist so palm is parallel to ground + pull arm from attacker's grasp, run | _____ |
|-----------------------|-----------------------|--|-------|

Breaking

- | | | | |
|-----------------------|-----------------------|---------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Middle punch one sheet of paper | _____ |
|-----------------------|-----------------------|---------------------------------|-------|

Terminology

- | | | | |
|-----------------------|-----------------------|-----------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | 'Attention' in Korean? (cha ryut) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Ready' in Korean? (choon be) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Bow' in Korean? (kyung ye) | _____ |

Philosophy

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | What does "Taekwondo" mean and where did it originate? | _____ |
|-----------------------|-----------------------|--|-------|

COMMENTS

Judge's Signature _____



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| Pass | Fail | | Comments |
|------|------|--|----------|
|------|------|--|----------|

- | | | | |
|-----------------------|-----------------------|-------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Techniques | |
| <input type="radio"/> | <input type="radio"/> | Roundhouse Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Jumping Front Snap Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Hammer Fist Strike | _____ |
| <input type="radio"/> | <input type="radio"/> | Back Stance | _____ |
| <input type="radio"/> | <input type="radio"/> | In To Out Middle Block | _____ |

- | | | | |
|-----------------------|-----------------------|------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Forms | |
| <input type="radio"/> | <input type="radio"/> | Tae Geuk Yi Dan | _____ |
| <input type="radio"/> | <input type="radio"/> | Tae Geuk Sam Dan | _____ |

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | Self-Defense | |
| <input type="radio"/> | <input type="radio"/> | #3: Step back with R to L long stance + L high block, R front snap kick to groin | _____ |
| <input type="radio"/> | <input type="radio"/> | #4: Step 45° to L long stance, bring feet together, turn R (to 45°), R round house kick to solar plexus or ribs | _____ |

- | | | | |
|-----------------------|-----------------------|-------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Hoshinsool | |
| <input type="radio"/> | <input type="radio"/> | #2 You're Out | _____ |

- | | | | |
|-----------------------|-----------------------|-----------------|-------|
| <input type="radio"/> | <input type="radio"/> | Breaking | |
| <input type="radio"/> | <input type="radio"/> | Hammer Fist | _____ |

- | | | | |
|-----------------------|-----------------------|------------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Terminology | |
| <input type="radio"/> | <input type="radio"/> | 'Return to Last' in Korean? (paro) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Relax' in Korean? (shiuuh) | _____ |

- | | | | |
|-----------------------|-----------------------|------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Philosophy | |
| <input type="radio"/> | <input type="radio"/> | Recite Membership Oath | _____ |

COMMENTS

Judge's Signature _____



Sunset



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| Pass | Fail | | Comments |
|------|------|--|----------|
|------|------|--|----------|

| | | | |
|-----------------------|-----------------------|-------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Techniques | |
| <input type="radio"/> | <input type="radio"/> | Knife Hand Strike | _____ |
| <input type="radio"/> | <input type="radio"/> | Double Knife Hand Block | _____ |
| <input type="radio"/> | <input type="radio"/> | Back Fist Strike | _____ |
| <input type="radio"/> | <input type="radio"/> | Side Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Out To In Crescent Kick | _____ |

| | | | |
|-----------------------|-----------------------|------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Forms | |
| <input type="radio"/> | <input type="radio"/> | Tae Geuk Il Jong | _____ |
| <input type="radio"/> | <input type="radio"/> | Pyon Ah Cho Dan | _____ |

| | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | Self-Defense | |
| <input type="radio"/> | <input type="radio"/> | #5: Step back with R to L back stance + double knife block, step forward to R back stance + knife hand strike | _____ |
| <input type="radio"/> | <input type="radio"/> | #6: Step 45° to L front stance + single knife hand block, trap wrist + side kick to armpit | _____ |

| | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | Hoshinsool | |
| <input type="radio"/> | <input type="radio"/> | #3 Circle Out & Away (step back with L to back stance + rotate wrist and clockwise around the attacker's arm to the outside, step into R front stance + push attacker's arm away with palm strike) | _____ |

| | | | |
|-----------------------|-----------------------|-----------------|-------|
| <input type="radio"/> | <input type="radio"/> | Breaking | |
| <input type="radio"/> | <input type="radio"/> | Front Snap Kick | _____ |

| | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | Terminology | |
| <input type="radio"/> | <input type="radio"/> | Count 1-10 in Korean? | _____ |
| <input type="radio"/> | <input type="radio"/> | (hana, dul, set, net, dasut, yasut, il gop, yadul, ahop, yul) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Assistant Master' in Korean? (Po Kwan Jang Nim) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Master' in Korean? (Kwan Jang Nim) | _____ |

| | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | Philosophy | |
| <input type="radio"/> | <input type="radio"/> | The Five Tenets of Taekwondo | _____ |
| <input type="radio"/> | <input type="radio"/> | (Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit) | _____ |

COMMENTS

Judge's Signature _____



Sprout



Name: _____ Date of Testing: _____

Age: _____ Belt Size: _____ Student's Conditions: _____

Student's Signature, if over 18 _____ Parent or Guardian Signature, if under 18 _____

Pass **Fail** **Comments**

Techniques

- In To Out Crescent Kick _____
- Jumping Roundhouse Kick _____
- Double Forearm Block _____
- Spear Hand Strike _____
- Palm Block _____

Forms

- Tae Geuk Yi Jong _____
- Pyon Ah Yi Dan _____

Self-Defense

- 3 step self-defense #1 (Out to In) _____
- 3 step self-defense #2 (In to Out) _____

Hoshinsool

- #4 Back Palm Lock (grab attacker's hand with flat palm, lock thumb and index finger, rotate attacker's arm and wrist from outside to inside) _____

Breaking

- Reverse Punch _____

Terminology

- 'Kick' in Korean? (chagi) _____
- 'Punch' in Korean? (chirugi) _____
- 'Strike' in Korean? (chigi) _____
- 'Block' in Korean? (makki) _____

Philosophy

- When do you use Taekwondo? _____

COMMENTS

Judge's Signature _____



Name: _____ Date of Testing: _____

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Student's Signature, if over 18 _____ Parent or Guardian Signature, if under 18 _____

| Pass | Fail | | Comments |
|------|------|--|----------|
|------|------|--|----------|

Techniques

- | | | | |
|-----------------------|-----------------------|----------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Inverted Knife Hand Strike | _____ |
| <input type="radio"/> | <input type="radio"/> | Turning Back Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Spinning Back Fist | _____ |
| <input type="radio"/> | <input type="radio"/> | Scissor Block | _____ |
| <input type="radio"/> | <input type="radio"/> | Single Knife Hand (middle) Block | _____ |

Forms

- | | | | |
|-----------------------|-----------------------|-------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Tae Geuk Sam Jong | _____ |
| <input type="radio"/> | <input type="radio"/> | Pyon Ah Sam Dan | _____ |

Self-Defense

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | #7: R out to in crescent kick block, R snap side kick | _____ |
| <input type="radio"/> | <input type="radio"/> | #8: Step back to R front stance + R palm block down, L spinning back fist | _____ |

Hoshinsool

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | #5 Under Peel (turn wrist 45° out to in + grab attacker's hand, lock thumb and index finger, twist attacker's hand driving the thumb side down) | _____ |
|-----------------------|-----------------------|---|-------|

Breaking

- | | | | |
|-----------------------|-----------------------|-----------|-------|
| <input type="radio"/> | <input type="radio"/> | Side Kick | _____ |
|-----------------------|-----------------------|-----------|-------|

Sparring

- | | | | |
|-----------------------|-----------------------|----------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Defensive Techniques | _____ |
|-----------------------|-----------------------|----------------------|-------|

Terminology

- | | | | |
|-----------------------|-----------------------|------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | 'School' in Korean? (dojang) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Uniform' in Korean? (dobok) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Belt' in Korean? (dee) | _____ |

Philosophy

- | | | | |
|-----------------------|-----------------------|--------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Why do YOU practice Taekwondo? | _____ |
|-----------------------|-----------------------|--------------------------------|-------|

COMMENTS

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| Pass | Fail | | Comments |
|------|------|--|----------|
|------|------|--|----------|

Techniques

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | Axe Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Hook Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Flying Side Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Crescent Kick + Spinning Crescent Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | X-Block (low) | _____ |

Forms

- | | | | |
|-----------------------|-----------------------|-------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Tae Geuk Sah Jong | _____ |
| <input type="radio"/> | <input type="radio"/> | Pyon Ah Sah Dan | _____ |

Self-Defense

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | #9: Step forward with R to front stance + L knife hand block high + R inverted knife hand strike (swallow tail) | _____ |
| <input type="radio"/> | <input type="radio"/> | #10: Step R with L foot 45° to L front stance, R turning back kick | _____ |

Hoshinsool

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | #6 Cross Arm Trap and Roll (trap attacker's hand with your free palm and hold, rotate hand and wrist inside to outside) | _____ |
| <input type="radio"/> | <input type="radio"/> | Choke Block and Defense | _____ |

Breaking

- | | | | |
|-----------------------|-----------------------|----------|-------|
| <input type="radio"/> | <input type="radio"/> | Axe Kick | _____ |
|-----------------------|-----------------------|----------|-------|

Sparring

- | | | | |
|-----------------------|-----------------------|----------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Free Sparring - no contact | _____ |
|-----------------------|-----------------------|----------------------------|-------|

Terminology

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | '3 kicks' in Korean? (ahp, yup, dolyo chagi) | _____ |
| <input type="radio"/> | <input type="radio"/> | '3 blocks' in Korean? (ham dan, jung dan, sam dan makki) | _____ |

Philosophy

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | What have you learned since you began training that you did not expect? | _____ |
|-----------------------|-----------------------|---|-------|

COMMENTS

Judge's Signature _____



Water



Name: _____ Date of Testing: _____

Age: _____ Belt Size: _____ Student's Conditions: _____

Student's Signature, if over 18 _____ Parent or Guardian Signature, if under 18 _____

| Pass | Fail | | Comments |
|------|------|--|----------|
|------|------|--|----------|

Techniques

- | | | | |
|-----------------------|-----------------------|---------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Front Snap Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Slippery Side Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Roundhouse + Spinning Hook Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Ox Jaw Strike | _____ |
| <input type="radio"/> | <input type="radio"/> | Forward Elbow Strike | _____ |
| <input type="radio"/> | <input type="radio"/> | (Down) Block + (Middle) Punch | _____ |

Forms

- | | | | |
|-----------------------|-----------------------|-------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Tae Geuk Oh Jong | _____ |
| <input type="radio"/> | <input type="radio"/> | Tae Geuk Yuk Jong | _____ |

Self-Defense

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | #11: Step back with L to a horseback stance + R out to in middle block, turn (reverse) to horseback stance + L reverse middle elbow strike | _____ |
| <input type="radio"/> | <input type="radio"/> | #12: Step 45° with R to R front stance, L middle side kick, R turning back kick | _____ |

Hoshinsool

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | Intro to Pressure Points: Reverse Lock Escape (bear hug) | _____ |
| <input type="radio"/> | <input type="radio"/> | Reverse Lock Escape (full nelson) | _____ |

Breaking

- | | | | |
|-----------------------|-----------------------|-------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Knife Hand Strike | _____ |
|-----------------------|-----------------------|-------------------|-------|

Sparring

- | | | | |
|-----------------------|-----------------------|----------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Free Sparring - no contact | _____ |
|-----------------------|-----------------------|----------------------------|-------|

Terminology

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | 'Instructor' in Korean? (sa bum nim) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Assistant Instructor' in Korean? (po sa bum nim) | _____ |

Philosophy

- | | | | |
|-----------------------|-----------------------|------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | What does 'black belt' mean? | _____ |
|-----------------------|-----------------------|------------------------------|-------|

COMMENTS

Judge's Signature _____



Fire



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Age: _____ Belt Size: _____ Student's Conditions: _____

Student's Signature, if over 18 _____ Parent or Guardian Signature, if under 18 _____

| Pass | Fail | | Comments |
|------|------|--|----------|
|------|------|--|----------|

Techniques

- | | | | |
|-----------------------|-----------------------|------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Palm Hand Strike | _____ |
| <input type="radio"/> | <input type="radio"/> | Jump Turning Back Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Knee Strike | _____ |
| <input type="radio"/> | <input type="radio"/> | Tiger Stance | _____ |
| <input type="radio"/> | <input type="radio"/> | Retreating Round Kick | _____ |

Forms

- | | | | |
|-----------------------|-----------------------|--------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Tae Geuk Chil Jong | _____ |
| <input type="radio"/> | <input type="radio"/> | Tae Geuk Pal Jong | _____ |

Self-Defense

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | #13: Step back with R to back stance + single knife hand block, chunjin step forward + L inverted knife hand strike, step R into a front stance + R forward elbow strike | _____ |
| <input type="radio"/> | <input type="radio"/> | #14: Step back to R back stance + double knife hand block, double head grab, rising knee strike | _____ |

Breaking

- | | | | |
|-----------------------|-----------------------|-------------|-------|
| <input type="radio"/> | <input type="radio"/> | Speed Break | _____ |
|-----------------------|-----------------------|-------------|-------|

Sparring

- | | | | |
|-----------------------|-----------------------|-------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Free Sparring - light contact | _____ |
|-----------------------|-----------------------|-------------------------------|-------|

Terminology

- | | | | |
|-----------------------|-----------------------|---------------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | 'Solar Plexus' in Korean? (myung chi) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Philtrum' in Korean? (in joong) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Groin' in Korean? (nulro) | _____ |

Philosophy

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | When should you use Taekwondo and why? | _____ |
|-----------------------|-----------------------|--|-------|

COMMENTS

Judge's Signature _____



Mountain



Name: _____ Date of Testing: _____

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| Pass | Fail | | Comments |
|------|------|--|----------|
|------|------|--|----------|

Techniques

- | | | | |
|-----------------------|-----------------------|-----------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Jump Spinning Hook Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Double Kicks – Front, Round, Side | _____ |
| <input type="radio"/> | <input type="radio"/> | Tiger Mouth Strike | _____ |
| <input type="radio"/> | <input type="radio"/> | Ridge Hand Strike | _____ |

Forms

- | | | | |
|-----------------------|-----------------------|----------------|-------|
| <input type="radio"/> | <input type="radio"/> | Pyon Ah Oh Don | _____ |
| <input type="radio"/> | <input type="radio"/> | Kuk Mu Oh Don | _____ |

Self-Defense

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | #15: Step 90° with L to horse stance + grab attacker's forearm with both hands, trap attacker's R wrist with your R hand, rotate attacker's R arm 180° + place your left shoulder behind attacker's R elbow, capture attacker's R wrist with L hand (maintain grip with R), apply downward pressure on attacker's R arm with hands + apply upward pressure behind attacker's R elbow with shoulder and legs | _____ |
| <input type="radio"/> | <input type="radio"/> | #16: Step back R to back stance + L palm block down, L low hook kick trapping & sweeping attacker's leg forward, turn L 90° to L front stance + double palm heel strike | _____ |

Hoshinsool

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|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | Walking the Drunk | _____ |
| <input type="radio"/> | <input type="radio"/> | Explain and Demonstrate Water Displacement Theory | _____ |

Breaking

- | | | | |
|-----------------------|-----------------------|--------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Any Hand Technique | _____ |
| <input type="radio"/> | <input type="radio"/> | Any Foot Technique | _____ |

Sparring

- | | | | |
|-----------------------|-----------------------|--------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Free Sparring - medium contact | _____ |
|-----------------------|-----------------------|--------------------------------|-------|

Terminology

- | | | | |
|-----------------------|-----------------------|------------------|-------|
| <input type="radio"/> | <input type="radio"/> | All Kicks | _____ |
| <input type="radio"/> | <input type="radio"/> | All Hand Strikes | _____ |
| <input type="radio"/> | <input type="radio"/> | All Blocks | _____ |

Philosophy

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | What is the best martial art style and why? | _____ |
|-----------------------|-----------------------|---|-------|

Teaching

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | Start class and guide through stretching | _____ |
|-----------------------|-----------------------|--|-------|

COMMENTS

Judge's Signature _____



Earth



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| Pass | Fail | Comments |
|------|------|----------|
|------|------|----------|

Techniques - Cumulative

- | | | | |
|-----------------------|-----------------------|----------------|-------|
| <input type="radio"/> | <input type="radio"/> | Combination #1 | _____ |
| <input type="radio"/> | <input type="radio"/> | Combination #2 | _____ |
| <input type="radio"/> | <input type="radio"/> | Combination #3 | _____ |
| <input type="radio"/> | <input type="radio"/> | Combination #4 | _____ |

Forms - Cumulative - 4 Basic, 5 Pyon, 8 Tae Geuk, 1 Kuk Mu

- | | | | |
|-----------------------|-----------------------|---------|-------|
| <input type="radio"/> | <input type="radio"/> | Form #1 | _____ |
| <input type="radio"/> | <input type="radio"/> | Form #2 | _____ |
| <input type="radio"/> | <input type="radio"/> | Form #3 | _____ |

Self-Defense

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | #17: Step back to L front stance + L high block, Step forward to R front stance + R ox jaw strike, L spin hook kick | _____ |
| <input type="radio"/> | <input type="radio"/> | #18: R front snap kick to solar plexus, L axe kick to collar bone | _____ |
| <input type="radio"/> | <input type="radio"/> | #19: Make up your own | _____ |
| <input type="radio"/> | <input type="radio"/> | #20: Make up your own | _____ |

Hoshinsool

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | Cumulative (Wrist Escapes, Choke Defenses, Reverse Lock Escapes, Theory) | _____ |
|-----------------------|-----------------------|--|-------|

Breaking

- | | | | |
|-----------------------|-----------------------|---|-------|
| <input type="radio"/> | <input type="radio"/> | Stations Break - 8 Boards Total (Subject to Instructor Discretion) | _____ |
|-----------------------|-----------------------|---|-------|

Sparring

- | | | | |
|-----------------------|-----------------------|----------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Full Contact Free Sparring | _____ |
|-----------------------|-----------------------|----------------------------|-------|

Terminology

- | | | | |
|-----------------------|-----------------------|------------|-------|
| <input type="radio"/> | <input type="radio"/> | Cumulative | _____ |
|-----------------------|-----------------------|------------|-------|

Philosophy

- | | | | |
|-----------------------|-----------------------|--------------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | How has Taekwondo changed your life? | _____ |
|-----------------------|-----------------------|--------------------------------------|-------|

Teaching

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | Take class through stretching and basic techniques | _____ |
|-----------------------|-----------------------|--|-------|

COMMENTS

Judge's Signature _____