



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

- Low, Middle (out to in), and High Blocks _____
- Front Snap Kick _____
- Front and Horse Stances _____
- Reverse Punch _____

Forms

- Kibon Hana _____
- Tae Geuk Cho Dan _____

Self-Defense

- #1: Step R 45° to horseback stance + R out to in middle block, L middle punch, R middle punch _____
- #2: Step L 45° to horseback stance + L out to in middle block, R middle punch, L high punch _____

Hoshinsool

- #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

- Middle punch one sheet of paper _____

Terminology

- 'Attention' in Korean? (cha ryut) _____
- 'Ready' in Korean? (choon be) _____
- 'Bow' in Korean? (kyung ye) _____

Philosophy

- What does "Taekwondo" mean and where did it originate? _____

COMMENTS

Judge's Signature _____



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Pass	Fail		Comments
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<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
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<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



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Pass	Fail		Comments
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Techniques

- | | | | |
|-----------------------|-----------------------|-------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | In To Out Crescent Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Jumping Roundhouse Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Double Forearm Block | _____ |
| <input type="radio"/> | <input type="radio"/> | Spear Hand Strike | _____ |
| <input type="radio"/> | <input type="radio"/> | Palm Block | _____ |

Forms

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

Self-Defense

- | | | | |
|-----------------------|-----------------------|------------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | 3 step self-defense #1 (Out to In) | _____ |
| <input type="radio"/> | <input type="radio"/> | 3 step self-defense #2 (In to Out) | _____ |

Hoshinsool

- | | | | |
|-----------------------|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | #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

- | | | | |
|-----------------------|-----------------------|---------------|-------|
| <input type="radio"/> | <input type="radio"/> | Reverse Punch | _____ |
|-----------------------|-----------------------|---------------|-------|

Terminology

- | | | | |
|-----------------------|-----------------------|------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | 'Kick' in Korean? (chagi) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Punch' in Korean? (chirugi) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Strike' in Korean? (chigi) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Block' in Korean? (makki) | _____ |

Philosophy

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

COMMENTS

Judge's Signature _____



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Pass	Fail		Comments
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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
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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



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Pass	Fail		Comments
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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) | _____ |
| <input type="radio"/> | <input type="radio"/> | 'Korean flag' in Korean? (Tae Geuk Ki) | _____ |

Philosophy

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

COMMENTS

Judge's Signature _____



Fire



Name: _____ Date of Testing: _____

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Pass **Fail** **Comments**

Techniques

- Palm Hand Strike _____
- Jump Turning Back Kick _____
- Knee Strike _____
- Tiger Stance _____
- Retreating Round Kick _____

Forms

- Tae Geuk Chil Jong _____
- Tae Geuk Pal Jong _____

Self-Defense

- #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 _____
- #14: Step back to R back stance + double knife hand block, double head grab, rising knee strike _____

Breaking

- Speed Break _____

Sparring

- Free Sparring - light contact _____

Terminology

- 'Solar Plexus' in Korean? (myung chi) _____
- 'Philtrum' in Korean? (in joong) _____
- 'Groin' in Korean? (nulro) _____

Philosophy

- When should you use Taekwondo and why? _____

COMMENTS

Judge's Signature _____



Mountain



Name: _____ Date of Testing: _____

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Pass	Fail	Comments
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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

- | | | | |
|-----------------------|-----------------------|---------------------------------------------------|-------|
| <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"/> | Kicks (ahp, yup, dolyo chagi) | _____ |
| <input type="radio"/> | <input type="radio"/> | Hand Strikes (sonnal, sonnaldeung bakkat, deungjumeok chigi) | _____ |
| <input type="radio"/> | <input type="radio"/> | Blocks (ham dan, jung dan, sam dan makki) | _____ |

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
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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 _____