



Pass	Fail		Comments
		<b><u>Techniques</u></b>	
<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	
		<b><u>Forms</u></b>	
<input type="radio"/>	<input type="radio"/>	Kibon Hana	
<input type="radio"/>	<input type="radio"/>	Tae Geuk Cho Dan	
		<b><u>Self-Defense</u></b>	
<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	
		<b><u>Hoshinsool</u></b>	
<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	
		<b><u>Breaking</u></b>	
<input type="radio"/>	<input type="radio"/>	Middle punch one sheet of paper	
		<b><u>Terminology</u></b>	
<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)	
		<b><u>Philosophy</u></b>	
<input type="radio"/>	<input type="radio"/>	What does "Taekwondo" mean and where did it originate?	
		<b>COMMENTS</b>	
		Judge's Signature	



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
<b><u>Techniques</u></b>			
<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	_____
<b><u>Forms</u></b>			
<input type="radio"/>	<input type="radio"/>	Tae Geuk Yi Dan	_____
<input type="radio"/>	<input type="radio"/>	Tae Geuk Sam Dan	_____
<b><u>Self-Defense</u></b>			
<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	_____
<b><u>Hoshinsool</u></b>			
<input type="radio"/>	<input type="radio"/>	#2 You're Out	_____
<b><u>Breaking</u></b>			
<input type="radio"/>	<input type="radio"/>	Hammer Fist	_____
<b><u>Terminology</u></b>			
<input type="radio"/>	<input type="radio"/>	'Return to Last' in Korean? (paro)	_____
<input type="radio"/>	<input type="radio"/>	'Relax' in Korean? (shiuuh)	_____
<b><u>Philosophy</u></b>			
<input type="radio"/>	<input type="radio"/>	Recite Membership Oath	_____

#### COMMENTS

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Judge's Signature \_\_\_\_\_



# Sunset



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
		<b><u>Techniques</u></b>	
<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	_____
		<b><u>Forms</u></b>	
<input type="radio"/>	<input type="radio"/>	Tae Geuk Il Jang	_____
<input type="radio"/>	<input type="radio"/>	Pyon Ahn Cho Dan	_____
		<b><u>Self-Defense</u></b>	
<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	_____
		<b><u>Hoshinsool</u></b>	
<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)	_____
		<b><u>Breaking</u></b>	
<input type="radio"/>	<input type="radio"/>	Front Snap Kick	_____
		<b><u>Terminology</u></b>	
<input type="radio"/>	<input type="radio"/>	Count 1-10 in Korean?	_____
		(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)	_____
		<b><u>Philosophy</u></b>	
<input type="radio"/>	<input type="radio"/>	The Five Tenets of Taekwondo	_____
		(Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit)	
		<b>COMMENTS</b>	
		_____	
		_____	
		_____	

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
<b><u>Techniques</u></b>			
<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	_____
<b><u>Forms</u></b>			
<input type="radio"/>	<input type="radio"/>	Tae Geuk Yi Jang	_____
<input type="radio"/>	<input type="radio"/>	Pyon Ahn Yi Dan	_____
<b><u>Self-Defense</u></b>			
<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)	_____
<b><u>Hoshinsool</u></b>			
<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)	_____
<b><u>Breaking</u></b>			
<input type="radio"/>	<input type="radio"/>	Reverse Punch	_____
<b><u>Terminology</u></b>			
<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)	_____
<b><u>Philosophy</u></b>			
<input type="radio"/>	<input type="radio"/>	When do you use Taekwondo?	_____

## COMMENTS

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Judge's Signature \_\_\_\_\_



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
<b><u>Techniques</u></b>			
<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	_____
<b><u>Forms</u></b>			
<input type="radio"/>	<input type="radio"/>	Tae Geuk Sam Jang	_____
<input type="radio"/>	<input type="radio"/>	Pyon Ahn Sam Dan	_____
<b><u>Self-Defense</u></b>			
<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	_____
<b><u>Hoshinsool</u></b>			
<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)	_____
<b><u>Breaking</u></b>			
<input type="radio"/>	<input type="radio"/>	Side Kick	_____
<b><u>Sparring</u></b>			
<input type="radio"/>	<input type="radio"/>	Defensive Techniques	_____
<b><u>Terminology</u></b>			
<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)	_____
<b><u>Philosophy</u></b>			
<input type="radio"/>	<input type="radio"/>	Why do YOU practice Taekwondo?	_____

## COMMENTS

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Judge's Signature \_\_\_\_\_

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
<b><u>Techniques</u></b>			
<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)	_____
<b><u>Forms</u></b>			
<input type="radio"/>	<input type="radio"/>	Tae Geuk Sah Jang	_____
<input type="radio"/>	<input type="radio"/>	Pyon Ah Sah Dan	_____
<b><u>Self-Defense</u></b>			
<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	_____
<b><u>Hoshinsool</u></b>			
<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	_____
<b><u>Breaking</u></b>			
<input type="radio"/>	<input type="radio"/>	Axe Kick	_____
<b><u>Sparring</u></b>			
<input type="radio"/>	<input type="radio"/>	Free Sparring - no contact	_____
<b><u>Terminology</u></b>			
<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)	_____
<b><u>Philosophy</u></b>			
<input type="radio"/>	<input type="radio"/>	What have you learned since you began training that you did not expect?	_____

**COMMENTS**


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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
<b><u>Techniques</u></b>			
<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	_____
<b><u>Forms</u></b>			
<input type="radio"/>	<input type="radio"/>	Tae Geuk Oh Jang	_____
<input type="radio"/>	<input type="radio"/>	Tae Geuk Yuk Jang	_____
<b><u>Self-Defense</u></b>			
<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	_____
<b><u>Hoshinsool</u></b>			
<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)	_____
<b><u>Breaking</u></b>			
<input type="radio"/>	<input type="radio"/>	Knife Hand Strike	_____
<b><u>Sparring</u></b>			
<input type="radio"/>	<input type="radio"/>	Free Sparring - no contact	_____
<b><u>Terminology</u></b>			
<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)	_____
<b><u>Philosophy</u></b>			
<input type="radio"/>	<input type="radio"/>	What does 'black belt' mean?	_____
<b>COMMENTS</b>			
_____			
_____			
_____			

Judge's Signature \_\_\_\_\_



# Fire



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
<b><u>Techniques</u></b>			
<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	_____
<b><u>Forms</u></b>			
<input type="radio"/>	<input type="radio"/>	Tae Geuk Chil Jang	_____
<input type="radio"/>	<input type="radio"/>	Tae Geuk Pal Jang	_____
<b><u>Self-Defense</u></b>			
<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	_____
<b><u>Breaking</u></b>			
<input type="radio"/>	<input type="radio"/>	Speed Break	_____
<b><u>Sparring</u></b>			
<input type="radio"/>	<input type="radio"/>	Free Sparring - light contact	_____
<b><u>Terminology</u></b>			
<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)	_____
<b><u>Philosophy</u></b>			
<input type="radio"/>	<input type="radio"/>	When should you use Taekwondo and why?	_____

## COMMENTS

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Judge's Signature \_\_\_\_\_





# Mountain



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
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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 Ahn Oh Dan | _____ |
| <input type="radio"/> | <input type="radio"/> | Kuk Mu Oh Dan   | _____ |

## 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"/> | Blocks (ham dan, jung dan, sam dan) makki  | _____ |
| <input type="radio"/> | <input type="radio"/> | Sparring (begin/shijak, break/kalyeo, resume/kayseok, time's-up/shigon, stop/geumon, penalty/gam-jeom) | _____ |

## 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



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
<b><u>Techniques - Cumulative</u></b>			
<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	_____
<b><u>Forms - Cumulative - 4 Basic, 5 Pyon, 8 Tae Geuk, 1 Kuk Mu</u></b>			
<input type="radio"/>	<input type="radio"/>	Tae Geuk Chil Jang / Tae Geuk Pal Jang	_____
<input type="radio"/>	<input type="radio"/>	Pyong Ahn Oh Dan	_____
<input type="radio"/>	<input type="radio"/>	Kuk Mu Oh Dan	_____
<b><u>Self-Defense</u></b>			
<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:	_____
<b><u>Hoshinsool</u></b>			
<input type="radio"/>	<input type="radio"/>	Cumulative (Wrist Escapes, Choke Defenses, Reverse Lock Escapes, Theory)	_____
<b><u>Breaking</u></b>			
<input type="radio"/>	<input type="radio"/>	Stations Break - 8 Boards Total (Subject to Instructor Discretion)	_____
<b><u>Sparring</u></b>			
<input type="radio"/>	<input type="radio"/>	Full Contact Free Sparring	_____
<b><u>Terminology</u></b>			
<input type="radio"/>	<input type="radio"/>	Cumulative	_____
<b><u>Philosophy</u></b>			
<input type="radio"/>	<input type="radio"/>	How has Taekwondo changed your life?	_____
<b><u>Teaching</u></b>			
<input type="radio"/>	<input type="radio"/>	Take class through stretching and basic techniques	_____

## COMMENTS

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Judge's Signature \_\_\_\_\_