



# 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

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Poomsae**

- Taegeuk 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)

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\_\_\_\_\_  
\_\_\_\_\_

**Philosophy**

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

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**COMMENTS**

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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



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Pass	Fail		Comments
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		<b>Techniques</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	_____

<input type="radio"/>	<input type="radio"/>	<b>Poomsae</b> Taegeuk II (1) Jang	_____
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<input type="radio"/>	<input type="radio"/>	<b>Self-Defense</b> #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"/>	<b>Hoshinsool</b> #2 You're Out	_____
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<input type="radio"/>	<input type="radio"/>	<b>Breaking</b> Hammer Fist	_____
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<input type="radio"/>	<input type="radio"/>	<b>Terminology</b> 'Return to Last' in Korean? (paro)	_____
<input type="radio"/>	<input type="radio"/>	'Relax' in Korean? (shihuh)	_____

<input type="radio"/>	<input type="radio"/>	<b>Philosophy</b> Recite Membership Oath	_____
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**COMMENTS**

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\_\_\_\_\_

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



# Sunset



Name: \_\_\_\_\_ Date of Testing: \_\_\_\_\_

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

Pass	Fail		Comments
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- | Pass                  | Fail                  |                         | Comments |
|-----------------------|-----------------------|-------------------------|----------|
| <b>Techniques</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 | _____    |

- |                       |                       |                                       |       |
|-----------------------|-----------------------|---------------------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | <b>Poomsae</b><br>Taegeuk Yi (2) Jang | _____ |
|-----------------------|-----------------------|---------------------------------------|-------|

- |                       |                       |  |       |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | <b>Self-Defense</b><br>#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"/> | <b>Hoshinsool</b><br>#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"/> | <b>Breaking</b><br>Front Snap Kick | _____ |
|-----------------------|-----------------------|------------------------------------|-------|

- |                       |                       |  |       |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | <b>Terminology</b><br>Count 1-10 in Korean?<br>(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"/> | <b>Philosophy</b><br>The Five Tenets of Taekwondo<br>(Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit) | _____ |
|-----------------------|-----------------------|--|-------|

### COMMENTS

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\_\_\_\_\_

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



# Sprout



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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 \_\_\_\_\_

**Poomsae**

- Taegeuk Sam (3) Jang \_\_\_\_\_

**Self-Defense**

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

**Hoshinsool**

- Choke Block and Defense (front) \_\_\_\_\_
- Choke Block and Defense (rear) \_\_\_\_\_

**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** \_\_\_\_\_



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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"/> | 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 | _____ |

**Poomsae**

- |                       |                       |                      |       |
|-----------------------|-----------------------|----------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Taegeuk Sah (4) Jang | _____ |
|-----------------------|-----------------------|----------------------|-------|

**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"/> | 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"/> | 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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\_\_\_\_\_

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\_\_\_\_\_

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



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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"/> | 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)                          |  |

**Poomsae**

- |                       |                       |                     |  |
|-----------------------|-----------------------|---------------------|--|
| <input type="radio"/> | <input type="radio"/> | Taegeuk Oh (5) Jang |  |
|-----------------------|-----------------------|---------------------|--|

**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"/> | #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"/> | 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**

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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
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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   | _____ |

### Poomsae

- |                       |                       |                      |       |
|-----------------------|-----------------------|----------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Taegeuk Yuk (6) Jang | _____ |
|-----------------------|-----------------------|----------------------|-------|

### 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"/> | #5 Under Peel (turn wrist 45° out to in + grab attacker's hand, | _____ |
|-----------------------|-----------------------|---|-------|

### 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

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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**

**Techniques**

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

**Poomsae**

- Taegeuk Chil (7) Jang \_\_\_\_\_

**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 \_\_\_\_\_

**Hoshinsool**

- #6 Double Wrist Lock (trap attacker's hand with your free palm and hold, rotate hand and wrist inside to outside, step back, flex wrist down toward elbow, pressing on back of hand with thumbs between metacarpals. \_\_\_\_\_

**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**

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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                 | _____ |

**Poomsae**

- |                       |                       |                      |       |
|-----------------------|-----------------------|----------------------|-------|
| <input type="radio"/> | <input type="radio"/> | Taegeuk Pal (8) Jang | _____ |
|-----------------------|-----------------------|----------------------|-------|

**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



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

### COMMENTS

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\_\_\_\_\_

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