



White 2 Months



Name: _____ Date of Testing: _____

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

Parent or Guardian Signature _____

Pass	Fail	Comments
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Techniques

- Low Block _____
- Middle Punch _____
- Front Snap Kick _____
- Ready Stance _____
- Attention Stance _____

Poomsae

- Kibon Hana _____

Breaking (Optional, and At Instructor's Discretion)

- Middle punch one sheet of paper _____

COMMENTS

Judge Signature _____



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Pass	Fail	Comments
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Techniques

- | | | | |
|-----------------------|-----------------------|------------------------|-------|
| <input type="radio"/> | <input type="radio"/> | High Block | _____ |
| <input type="radio"/> | <input type="radio"/> | Out to In Middle Block | _____ |
| <input type="radio"/> | <input type="radio"/> | Roundhouse Kick | _____ |
| <input type="radio"/> | <input type="radio"/> | Front Stance | _____ |
| <input type="radio"/> | <input type="radio"/> | Horse Stance | _____ |
| <input type="radio"/> | <input type="radio"/> | Hammer Fist Strike | _____ |

Poomsae

- | | | | |
|-----------------------|-----------------------|--|-------|
| <input type="radio"/> | <input type="radio"/> | Basic #1 - Taegeuk Cho Dan (First 8 moves) | _____ |
|-----------------------|-----------------------|--|-------|

Breaking (Optional, and At Instructor's Discretion)

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

COMMENTS

Judge Signature _____



Orange 2-3 months



Name: _____ Date of Testing: _____

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

Parent or Guardian Signature _____

Pass Fail Comments

Techniques

- Knife Hand Strike _____
- In to Out Middle Block _____
- Back Fist Strike _____
- Out to In Crescent Kick _____
- Back Stance _____

Poomsae

- Tiger #1 - Taegeuk Il Jang (first 12 moves) _____

Self-Defense

- Self Defense #1 Step R 45° to horseback stance _____
+ R out to in middle block, L middle punch, R middle punch

Breaking (Optional, and At Instructor's Discretion)

- Front Snap Kick _____

COMMENTS

Judge Signature _____



Green 2-3 months



Name: _____ Date of Testing: _____

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

Parent or Guardian Signature _____

Pass Fail

Comments

Techniques

- Single Knife Hand Block _____
- Side Kick _____
- In to Out Crescent Kick _____

Poomsae

- Tiger #2 Taegeuk Yi Jang (First 12 moves) _____

Self Defense

- Self Defense #3
Step back with R to L long stance + L high block, R front snap kick to groin _____

Breaking (Optional, and At Instructor's Discretion)

- Reverse Punch _____

COMMENTS

Judge Signature _____



Name: _____ Date of Testing: _____

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

Parent or Guardian Signature _____

Pass Fail Comments

Techniques

- Double Knife Hand Block _____
- Jumping Front Snap Kick _____
- Roundhouse Kick + Turning Back Kick _____
- Inverted Knife Hand Strike _____

Poomsae

- Tiger #3 - Taegeuk Sam Jang (First 12 moves) _____

Self Defense

- Self Defense #5 _____
Step back with R to L back stance + double knife block, step forward to R back stance + knife hand strike.

Breaking (Optional, and At Instructor's Discretion)

- Side Kick _____

COMMENTS

Judge Signature _____



Name: _____ Date of Testing: _____

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Pass	Fail	Comments
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Techniques

- Swallow Tail Strike _____
- Palm Press Block + Spear Hand Strike _____
- Axe Kick _____
- Hook Kick _____
- Crescent Kick + Spinning Crescent Kick _____

Poomsae

- Tiger #4 - Taegeuk Sah Jang (First 12 moves) _____

Self Defense

- 3-Step Self Defense #1 (Out to In) _____
- Wrist Escape #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 (Optional, and At Instructor's Discretion)

- Axe Kick _____

COMMENTS

Judge Signature _____



Blue II 6-9 Months



Name: _____ Date of Testing: _____

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

Parent or Guardian Signature _____

Pass Fail

Comments

Techniques

- Front, Roundhouse, Side Kicks _____
- Low, Middle, High Blocks _____
- Double Forearm Block _____
- Inverted Outside Middle Block _____

Poomsae

- Tiger #5 - Taegeuk Oh Jang (First 12 moves) _____

Self Defense

- Self Defense #7 & #9 _____
- Wrist Escape #2 You're Out _____

Sparring

- 3-Kick Line Sparring _____

Breaking (Optional, and At Instructor's Discretion)

- Knife Hand Strike _____

COMMENTS

Judge Signature _____



Red 6-9 months



Name: _____ Date of Testing: _____

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

Parent or Guardian Signature _____

Pass Fail Comments

Techniques

- Twisted Knife Hand Strike _____
- Roundhouse Kick + Spinning Hook Kick _____
- Forward Elbow Strike _____
- Flying Side Kick _____

Poomsae

- Tiger #6 - Taegeuk Yuk Jang (First 13 moves) _____

Self Defense

- Self Defense #10 & #12 _____
- Wrist Escape #4 _____

Sparring

- Sparring Defense #1 (Pada Chagi) _____

Breaking (Optional, and At Instructor's Discretion)

- Speed Break _____

COMMENTS

Judge Signature _____



Brown 6-9 months



Name: _____ Date of Testing: _____

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

Parent or Guardian Signature _____

Pass Fail Comments

Techniques

- Palm Block _____
- Scissors Block _____
- Double Outside Middle Block _____
- Rising Knee Strike _____

Poomsae

- Tiger #7 Taegeuk Chil Jang (First 18 moves) _____

Self Defense

- Wrist Escape #5 Under Peel _____

Sparring

- Sparring Defense #2 & #3 _____
- Free Sparring _____

Breaking (Optional, and At Instructor's Discretion)

- Any Hand or Foot Technique _____

COMMENTS

Judge Signature _____



Brown II 6-9 months



Name: _____ Date of Testing: _____

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

Parent or Guardian Signature _____

Pass Fail

Comments

Techniques

- Combination #1
- Combination #2

Forms

- Tiger #8 Taegeuk Pal Jang

Sparring

- Free Sparring

Breaking (Optional, and At Instructor's Discretion)

- Any Hand or Foot Technique

COMMENTS

Judge Signature _____