

U.S. TAE KWON DO ACADEMY

Testing Application PASS FAIL
BEGINNER & INTERMEDIATE ONLY

<p style="text-align: center;">Belt Size _____</p> <p>(Please print all information clearly) BELT YOU ARE TESTING FOR: _____ PRESENT RANK: _____ LAST NAME: _____ FIRST NAME: _____ CIRCLE ONE: ADULT ___ CHILD ___ ADDRESS: _____ CITY / ZIP CODE: _____ PHONE: _____ DATE OF BIRTH: _____</p> <p>I am currently a student of U.S Tae Kwon Do Academy and I hereby submit my application for promotion with the approval of my instructor. I understand that this test does not guarantee my promotion and I shall respectfully accept the examiner's opinion of my performance. (Approval of this application is subject to membership status, students with delinquent payment or expired programs may not test)</p> <p>Student's Signature (or Guardian's): _____</p> <p>Date of this application: ___/___/___ Do not write below this line. For office use only.</p> <p>Date of Testing: ___/___/___ Time: _____ Testing Fee: _____ Please return this application on lat than ___/___/___ \$20 LATE CHARGE AFTER ABOVE DATE</p> <p>Checked By: _____ Okay to test: Yes No</p>	<p style="text-align: center;"><i>(For examiner's use only)</i></p> <p>BASIC PUNCHING</p> <p>1. Horse stance punching () 2. Reverse punch () 3. Under punch () 4. Double punch () 5. Vertical punch () 6. Jab () 7. Side punch ()</p> <p>BLOCKING TECHNIQUES</p> <p>1. () 2. () 3. () 4. () 5. () 6. () 7. ()</p> <p>KICKING TECHNIQUES</p> <p>1. Front () 2. Roundhouse () 3. Side () 4. Back ()</p> <p>SLIDING KICKS W/PUNCH</p> <p>1. () 2. () 3. () 4. () 5. ()</p> <p>FALLING</p> <p>1. Front (Sitting) () 2. Front (Standing) () 3. Back (Sitting) () 4. Back (Standing) ()</p> <p>ROLLING () ROLLING, REV, PUNCH () JUDO SWEEP () ROLLING () ROLLING, REV, PUNCH ()</p> <p>BASIC FORMS</p> <p>1. Giecho Hyung Il Bu () 2. Giecho Hyung Yi Bu () 3. Giecho Hyung Sam Bu ()</p>	<p>TAE GUEK FORMS</p> <p>1. Tae Guek Il Jang () 2. Tae Guek Yi Jang () 3. Tae Guek Sam Jang () 4. Tae Guek Sa Jang () 5. Tae Guek Oh Jang () 6. Tae Guek Yook Jang () 7. Tae Guek Chil Jang () 8. Tae Guek Pal Jang ()</p> <p>HAPKIDO TECHNIQUES (Hand grabs for adult only)</p> <p>1. () 2. () 3. () 4. () 5. ()</p> <p>ATTACKING TECHNIQUES ACROSS MAT () JUMPING KICKS</p> <p>1. Front () 2. Roundhouse () 3. Side ()</p> <p>BREAKING TECHNIQUES</p> <p>HAND () KICKS ()</p> <p>FREE STYLE SPARRING</p> <p>ONE ON ONE () TWO ON ONE () POWER () KI YAP () ATTITUDE () BREATHING () FITNESS () STRETCH ()</p> <p>RECOMMENDATIONS:</p> <p>BLACK BELT EXAMINER:</p>
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NOTE: Children must bring a copy of their most recent report card and citizenship program card!