

Taekwondo Club @ IU - 4th Kup / Blue Belt

Name		Belt Size	
Email		Date	

Forms

	Score	Comments
Kicho Il Jang		
Kicho E Jang		
Kicho Sam Jan		
Palgue Il Jang		
Palgue E Jang		
Palgue Sam Jang		
Palgue Sa Jang		
Palgue O Jang		

Blocks & Strikes

Side Stance and Reversed

	Score	Comments
Formal Style Blocks		
Formal Style Strikes		
Sparring Style Strikes		
Sparring Style Blocks		
Turns		
Block - Strike - Strike		

Kicks

	Score	Comments
Stretch Kicks		
Basic Kicks		
Advanced Kicks		
Sliding Kicks		
Step Kicks		
Jump Kicks		
Jump Side Kick		
45 Degree Jump Front Kick		

Kicking Combinations

	Score	Comments
Front Kick - Sliding Front Kick		
Roundhouse - Sliding Roundhouse Kick		
Side Kick - Sliding Side Kick		
Inside Crescent - Sliding Outside Crescent Kick		
Inside Crescent - Sliding Inside Twist Kick		
Front Kick - Back Crescent Kick		
Roundhouse - Back Spin Kick		
Side Kick - Back Side Kick		
Front Kick - Jump Front Kick		

One Step Sparring

(Attacker: step back and ki-yap; Defender: step back & ki-kap; Attacker: Moving high punch)

	Score	Comments
Lower Belt One Steps		
10 Right Side		
10 Left Side		

Self Defense

	Score	Comments
MilGi		
Attacks from Rear		
Attacks from Front		
Joint Locks (2)		

Body Movement Drill with Blocks and Strikes

	Score	Comments
Front and Back / High Block / Reverse Palm Heel		
Side to Side / Outside Touch Block / Reverse Punch		
Slide Back 45 / Outside Touch Block / 4 Elbow Strikes		
Inside Pivot / 45 Degree, Inside Touch Block / Knifehand Strike		
Back Pivot / Low Inside Touch Block / Reverse Ridge Hand		
Cross-Step and Turn / Inside Touch Block / Reverse Upper Cut		
Back Spin / Back Fist		
Back Step / Low Outside Touch Block / Reverse Hammer Fist		

Special

	Score	Comments
Breaking (Optional)		
Roundhouse Kick		

Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: _____ Date: _____

Recommendation

I recommend the student: ☐ be promoted to this rank ☐ consider this a practice test

Judge: _____

Revision: 05/01/24