

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		
Striking		
Blocking		
Stances		
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 (5)		
Attacks from Rear		
Attacks from Front		
2 Joint Locks		

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: _____