Taekwondo Club @ IU - 1st Kup / Temp Belt									
Name	9				Belt Size				
Email					Date				
				_	1 111				
		1-	1 -	Forms					
		Score	Comm	ents					
Kicho II									
Kicho I									
	Sam Jang								
Palgue									
Palgue									
	Sam Jang								
	Sa Jang								
Palgue									
	Yuk Jang								
	Chil Jang								
Koryo	Pal Jang								
Koryo									
				Blocks & Strikes					
				At Judge's Discretion					
			Score	Comments					
Formal	Style BI		000.0						
Formal	Style St	rikes							
Sparrin	g Style	Strikes							
Sparrin	ng Style I	Blocks							
Turns									
				W. I					
				Kicks					
04 4 1	10. 1		Score	Comments					
Stretch	KICKS		-						
Dania	D : 10: 1								
Basic Kicks									
Advanced Kicks		+							
ravani	700 1110110	<u> </u>							
Sliding	Sliding Kicks								
3									
Step Kicks									
•									
Jump Kicks									
45 Degree Jump Kicks		s							
Advanced Jump Kicks		3							
Jump Back Side Kick									
Jump Back Crescent Kick		k							
	Jump Back Spin								
Thunde									
Flying Side Kick									

					Kicking Combinatio	ns			
				Score	Comments				
Front Kick - Sliding Front Kick									
Roundhouse - Sliding Roundhouse Kick									
Side Kick - Sliding Sid									
Inside Crescent - Slidi	ng Outs	ide Cres	scent Kick						
Inside Crescent - Slidi			Kick						
Front Kick - Back Cres	scent Ki	ck							
Roundhouse - Back Spin Kick									
Side Kick - Back Side Kick									
Front Kick - Jump Front Kick									
Roundhouse / Jump Roundhouse									
Side / Jump Side Kick	Side / Jump Side Kick								
Inside Crescent / Thur	Inside Crescent / Thunder Kick								
Own Combinations									
					Sparring				
	Score	Comme	ents						
Lower Belt One Steps									
Punch Defenses									
Jab									
Cross									
Hook									
					Self Defense				
				re Con	nments				
Random Grabs, Attack	ks from	Front &	Rear						
Joint Locks (10)									
Straight Grab Joint Locks (10)									
Cross Grab Joint Lock	(s (5)								
Throws (3)									
Ground Fighting									
Falling & Rolling									
Body Movement Drill									
					Special				
			Score Co	ommer	nts				
Demonstrated Teachir	ng Expe	rience							
Breaking (Optional)									
Back Spin Kick (Speed	d)								
Front-Back: 1 Hand/1 Foot Technique									
I recognize that	nromo	otion s	standard	ds are	Authorization	cts a specific level of competence. If I do not achieve			
					ain after more practice at a time of				
Student Signatu		,		_	·	Date:			
Student Signature Date									
					Recommendation				
I recommend the	e stud	lent:			[] be promoted to this rank	[] consider this a practice test			
Judge:									

Revision: 05/01/24