

## Taekwondo Club @ IU - 1st Dan Black Belt

Name		Belt Size	
Email		Date	

### Forms

	Score	Comments
Kicho Il Jang		
Kicho I Jang		
Kicho Sam Jang		
Palgue Il Jang		
Palgue I Jang		
Palgue Sam Jang		
Palgue Sa Jang		
Palgue O Jang		
Palgue Yuk Jang		
Palgue Chil Jang		
Palgue Pal Jang		
Koryo		
Keum Gong		
Nipponjin #1		

### Blocks & Strikes

At Judge's Discretion

	Score	Comments
Formal Style Blocks		
Formal Style Strikes		
Sparring Style Strikes		
Sparring Style Blocks		
Turns		

### Kicks

	Score	Comments
Stretch Kicks		
Basic Kicks		
Advanced Kicks		
Sliding Kicks		
Step Kicks		
Jump Kicks		
45 Degree Jump Kicks		
Advanced Jump Kicks		

## 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		
Roundhouse / Jump Roundhouse		
Side / Jump Side Kick		
Inside Crescent / Thunder Kick		
Own Combinations		

## Sparring

	Score	Comments
Lower Belt One Steps		
<b>Punch Defenses</b>		
Jab		
Cross		
Hook		
Upper Cut		

## Self Defense

At Judge's Discretion

	Score	Comments
Random Grabs, Attacks from Front & Rear		
Joint Locks		
Ground Fighting		
Falling & Rolling		
Body Movement Drill		

## Special

	Score	Comments
Demonstrated Teaching Experience		
Kunja Paper		
<b>Breaking (Optional)</b>		
5 Boards in Combination		

## 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