

## Taekwondo Club @ IU - 5th Kup / Purple 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		

### Blocks & Strikes

	Score	Comments
<b>Sparring Style Strikes</b>		
Jab		
Reverse Punch		
Moving Punch		
Palm Heel Strike		
Knifehand Strike		
Ridgehand Strike		
Back Fist Strike		
Side Knifehand Strike		
Hammer Fist Strike		
Upper Cut Strike		
<b>Sparring Style Blocks</b>		
Outside Low Block		
Inside Low Block		
Outside Middle Block		
Inside Middle Block		
High Block		
45 Degree Block		
Block-Strike Combinations		
<b>Turns</b>		
Block + Strike in Front Stance		

### Kicks

	Score	Comments
<b>Stretch Kicks</b>		
<b>Basic Kicks</b>		
<b>Advanced Kicks</b>		
<b>Sliding Kicks</b>		
<b>Step Kicks</b>		
Front Kick		
Roundhouse Kick		
Side Kick		
Advanced Kicks		
<b>Jump Kicks</b>		
Jump Front Kick		
Jump Roundhouse		

### Kicking Combinations

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

### One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, block, follow up with a strike and a kick)

	Score	Comments
Yellow, Orange, and Green Belt One Steps		
#1		
#2		
#3		
#4		
#5		

### Self Defense

	Score	Comments
MilGi (5)		

### Body Movement Drill with Blocks

	Score	Comments
Front and Back / High Block		
Side to Side / Outside Touch Block		
Slide Back 45 / Outside Touch Block		
Inside Pivot / 45 Degree, Inside Touch Block		
Back Pivot / Low Inside Touch Block		
Cross-Step and Turn / Inside Touch Block		
Back Spin / Outside Touch Block		
Back Step / Low Outside Touch Block		

### Special

	Score	Comments
Breaking (Optional)		
Side 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: \_\_\_\_\_