

Taekwondo Club @ IU - 8th Kup / Yellow Belt

Name		Belt Size	
Email		Date	

Forms

	Score	Comments
Kicho Il Jang		
Kicho E Jang		

Blocks & Strikes

	Score	Comments
Formal Style Blocks		
Straddle Punch		
Low Block		
Outside Middle Block		
Inside Middle Block		
High Block		
Formal Style Strikes		
Middle Punch		
Knifehand Strike		

Kicks

	Score	Comments
Stretch Kicks		
Basic Kicks		
Front Kick		
Half Moon Kick		
Roundhouse Kick		
Back Kick		
Side Kick		

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, kick from back leg)

	Score	Comments
Front Kicks		
Roundhouse Kicks		
Side Kicks		

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