

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 | | |
| Turns | | |

Kicks

| | Score | Comments |
|-----------------------|-------|----------|
| Stretch Kicks | | |
| Front Stretch Kick | | |
| Inside Crescent Kick | | |
| Outside Crescent Kick | | |
| 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: _____