

## Taekwondo Club @ IU - 7th Kup / Orange Belt

|       |  |           |  |
|-------|--|-----------|--|
| Name  |  | Belt Size |  |
| Email |  | Date      |  |

### Forms

|                | Score | Comments |
|----------------|-------|----------|
| Kicho Il Jang  |       |          |
| Kicho I Jang   |       |          |
| Kicho Sam Jang |       |          |
| Palgue Il Jang |       |          |

### Blocks & Strikes

|                             | Score | Comments |
|-----------------------------|-------|----------|
| <b>Formal Style Blocks</b>  |       |          |
| Straddle Punch              |       |          |
| Low Block                   |       |          |
| Outside Middle Block        |       |          |
| Inside Middle Block         |       |          |
| High Block                  |       |          |
| Double Knifehand Blocks     |       |          |
| <b>Formal Style Strikes</b> |       |          |
| Middle Punch                |       |          |
| Knifehand Strike            |       |          |
| <b>Turns</b>                |       |          |
| Low block in Front Stance   |       |          |

### Kicks

|                       | Score | Comments |
|-----------------------|-------|----------|
| <b>Stretch Kicks</b>  |       |          |
| Front Stretch Kick    |       |          |
| Inside Crescent Kick  |       |          |
| Outside Crescent Kick |       |          |
| <b>Basic Kicks</b>    |       |          |
| Front Kick            |       |          |
| Half Moon Kick        |       |          |
| Roundhouse Kick       |       |          |
| Back Kick             |       |          |
| Side Kick             |       |          |
| <b>Advanced Kicks</b> |       |          |
| Back Side Kick        |       |          |
| Back Crescent Kick    |       |          |
| <b>Sliding Kicks</b>  |       |          |
| Sliding Front Kick    |       |          |
| Sliding Roundhouse    |       |          |
| Sliding Side Kick     |       |          |

### One Step Sparring

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

|                       | Score | Comments |
|-----------------------|-------|----------|
| Yellow Belt One Steps |       |          |
| Front Kicks           |       |          |
| Roundhouse Kicks      |       |          |
| Side Kicks            |       |          |

### Special

|                            | Score | Comments |
|----------------------------|-------|----------|
| <b>Breaking (Optional)</b> |       |          |
| Front 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: \_\_\_\_\_

Revision: 05/01/24