

## Taekwondo Club @ IU - 2nd Kup / Red 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		

### 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		
Jump Back Side Kick		
Jump Back Crescent Kick		
Thunder Kick		

### 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		

### Self Defense

	Score	Comments
Attacks from Rear		
Attacks from Front		
Joint Locks (10)		
Ground Fighting		
Falling		
Rolling		
Body Movement Drill		

### Special

	Score	Comments
Limited Teaching Experience		
<b>Breaking (Optional)</b>		
Back Spin Kick		
Two Hand Techniques		

### 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