

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

Name		Belt Size	
Email		Date	

## Forms

	Score	Comments
Kicho Il Jang		
Kicho E Jang		
Kicho Sam Jan		
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