

## Taekwondo Club @ IU - 2nd Dan Black Belt

Name		Belt Size	
Email		Date	

### Forms

	Score	Comments
Kicho Il Jang		
Kicho E Jang		
Kicho Sam Jan		
Palgue Il Jang		
Palgue E Jang		
Palgue Sam Jang		
Palgue Sa Jang		
Palgue O Jang		
Palgue Yuk Jang		
Palgue Chil Jang		
Palgue Pal Jang		
Koryo		
Keum Gong		
Nipponjin #1		
Nipponjin #2		
Nipponjin #3		
Ro Pai		
Bul Pai So		
Taebaek		

### Blocks & Strikes

At Judge's Discretion

	Score	Comments
<b>Formal Style Blocks</b>		
<b>Formal Style Strikes</b>		
<b>Sparring Style Strikes</b>		
<b>Sparring Style Blocks</b>		
<b>Turns</b>		

### Kicks

	Score	Comments
<b>Stretch Kicks</b>		
<b>Basic Kicks</b>		
<b>Advanced Kicks</b>		
<b>Sliding Kicks</b>		
<b>Step Kicks</b>		
<b>Jump Kicks</b>		
<b>45 Degree Jump Kicks</b>		
<b>Advanced Jump Kicks</b>		
360 Back Side 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>Random Punch/Kick Defenses</b>		
Jab		
Cross		
Hook		
Upper Cut		

## Self Defense

Ad Judge's™ Discretion

	Score	Comments
Random Grabs, Attacks from Front & Rear		
Joint Locks		
Ground Fighting		
Ground Defense		
Falling & Rolling		
Body Movement Drill		

## Special

	Score	Comments
Teaching Experience (20)		
Kunja Paper		
<b>Breaking (Optional)</b>		
5 Boards in Combination		

## 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