

# Taekwondo Club @ IU - 3rd Kup / Brown 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		

## Blocks & Strikes

In Back Stance

	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		
45 Degree Jump Front Kick		
45 Degree Jump Roundhouse		
45 Degree Jump Side Kick		
Advanced Jump Kicks		
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		
Own Combinations		

## One Step Sparring

(Attacker: step back and ki-yap; Defender: step back and ki-yap; Attacker: moving high punch)

	Score	Comments
Lower Belt One Steps		
10 One Steps		
<b>Punch Defenses</b>		
Jab		

## Self Defense

	Score	Comments
Attacks from Rear		
Attacks from Front		
Joint Locks (5)		
Ground Fighting		
Falling		

## Body Movement Drill with Blocks and Strikes

	Score	Comments
Front and Back / Sliding Front Kick		
Side to Side / Outside Touch Block / Lead Side Kick		
Slide Back 45 / Outside Touch Block / Lead Half-Moon Kick		
Inside Pivot / 45 Degree, Inside Touch Block / Lead Half-Moon Kick		
Back Pivot / Low Inside Touch Block / Roundhouse Kick		
Cross-Step and Turn / Inside Touch Block / Back Side Kick		
Back Spin / Outside Touch Block / Reverse Punch and Knee Kick		
Back Step / Low Outside Touch Block / Back Spin Kick		

## Special

	Score	Comments
<b>Breaking (Optional)</b>		
Back Side Kick		
One Hand Technique		

## 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: \_\_\_\_\_