

## Taekwondo Club @ IU - 8th Kup / Yellow Belt

Name		Belt Size	
Email		Date	

### Forms

	Score	Comments
Kicho II Jang		
Kicho I Jang		

### Blocks & Strikes

	Score	Comments
<b>Formal Style Blocks</b>		
Straddle Punch		
Low Block		
Outside Middle Block		
Inside Middle Block		
High Block		
<b>Formal Style Strikes</b>		
Middle Punch		
Knifehand Strike		

### Kicks

	Score	Comments
<b>Stretch Kicks</b>		
<b>Basic Kicks</b>		
Front Kick		
Half Moon Kick		
Roundhouse Kick		
Back Kick		
Side Kick		

### One Step Sparring

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

	Score	Comments
Front Kicks		
Roundhouse Kicks		
Side Kicks		

### 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