

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

|       |  |           |  |
|-------|--|-----------|--|
| Name  |  | Belt Size |  |
| Email |  | Date      |  |

### Forms

|               | Score | Comments |
|---------------|-------|----------|
| Kicho Il Jang |       |          |
| Kicho E 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