Taekwondo Club @ IU - 1st Dan Black Belt

| Taekwondo Club @ IU - 1st Dan Black Belt | | | |
| --- | --- | --- | --- |
| Name |  | Belt Size |  |
| Email |  | Date |  |

Forms

|  |  |  |
| --- | --- | --- |
|  | Score | Comments |
| Kicho Il Jang |  |  |
| Kicho I Jang |  |  |
| Kicho Sam Jang |  |  |
| Palgue Il Jang |  |  |
| Palgue I Jang |  |  |
| Palgue Sam Jang |  |  |
| Palgue Sa Jang |  |  |
| Palgue O Jang |  |  |
| Palgue Yuk Jang |  |  |
| Palgue Chil Jang |  |  |
| Palgue Pal Jang |  |  |
| Koryo |  |  |
| Keum Gong |  |  |
| Nipponjin #1 |  |  |

Blocks & StrikesAt Judge's Discretion

|  |  |  |
| --- | --- | --- |
|  | 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 |  |  |
|  |  |  |
| Advanced Jump Kicks |  |  |
|  |  |  |

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 |  |  |
| Punch Defenses |  |  |
| Jab |  |  |
| Cross |  |  |
| Hook |  |  |
| Upper Cut |  |  |

Self DefenseAt Judge's Discretion

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

Special

|  |  |  |
| --- | --- | --- |
|  | Score | Comments |
| Demonstrated Teaching Experience |  |  |
| Kunja Paper |  |  |
| Breaking (Optional) |  |  |
| 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