Taekwondo Club @ IU - 4th Kup / Blue Belt

| Taekwondo Club @ IU - 4th Kup / Blue 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 |  |  |

Blocks & Strikes  
Side Stance and Reversed

Score

Comments

Formal Style Blocks

Formal Style Strikes

Sparring Style Strikes

Sparring Style Blocks

Striking

Blocking

Stances

Turns

Block - Strike - Strike

Kicks

Score

Comments

Stretch Kicks

Basic Kicks

Advanced Kicks

Sliding Kicks

Step Kicks

Jump Kicks

Jump Side Kick

45 Degree Jump Front 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 |  |  |

One Step Sparring  
(Attacker: step back and ki-yap; Defender: step back & ki-kap; Attacker: Moving high punch)

|  |  |  |
| --- | --- | --- |
|  | Score | Comments |
| Lower Belt One Steps |  |  |
| 10 Right Side |  |  |
| 10 Left Side |  |  |

Self Defense

|  |  |  |
| --- | --- | --- |
|  | Score | Comments |
| MilGi (5) |  |  |
| Attacks from Rear |  |  |
| Attacks from Front |  |  |
| 2 Joint Locks |  |  |

Body Movement Drill with Blocks and Strikes

|  |  |  |
| --- | --- | --- |
|  | Score | Comments |
| Front and Back / High Block / Reverse Palm Heel |  |  |
| Side to Side / Outside Touch Block / Reverse Punch |  |  |
| Slide Back 45 / Outside Touch Block / 4 Elbow Strikes |  |  |
| Inside Pivot / 45 Degree, Inside Touch Block /Knifehand Strike |  |  |
| Back Pivot / Low Inside Touch Block / Reverse Ridge Hand |  |  |
| Cross-Step and Turn / Inside Touch Block / Reverse Upper Cut |  |  |
| Back Spin / Back Fist |  |  |
| Back Step / Low Outside Touch Block / Reverse Hammer Fist |  |  |

Special

|  |  |  |
| --- | --- | --- |
|  | Score | Comments |
| Breaking (Optional) |  |  |
| Roundhouse Kick |  |  |

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: | | |