Taekwondo Club @ IU - 3rd Kup / Brown Belt

| Taekwondo Club @ IU - 3rd Kup / Brown 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 |  |  |

Blocks & StrikesIn 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 |  |  |
| Punch Defenses |  |  |
| 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 |
| Breaking (Optional) |  |  |
| 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: | | |

Revision: 05/01/24