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 E Jang |  |  |
| Kicho Sam Jan |  |  |
| Palgue Il Jang |  |  |
| Palgue E Jang |  |  |
| Palgue Sam Jang |  |  |
| Palgue Sa Jang |  |  |
| Palgue O Jang |  |  |
| Palgue Yuk Jang |  |  |

Blocks & Strikes  
In Back Stance

Score

Comments

Formal Style Blocks

Formal Style Strikes

Sparring Style Strikes

Sparring Style Blocks

Stances

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 |
| MilGi (5) |  |  |
| Attacks from Rear |  |  |
| Attacks from Front |  |  |
| 5 Joint Locks |  |  |
| 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: | | |