Taekwondo Club @ IU - 6th Kup / Green Belt

| Taekwondo Club @ IU - 6th Kup / Green 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 |  |  |

Blocks & Strikes

|  |  |  |
| --- | --- | --- |
|  | Score | Comments |
| Formal Style Blocks |  |  |
| Straddle Punch |  |  |
| Four Corner Drill |  |  |
| Low Block |  |  |
| Outside Middle Block |  |  |
| Inside Middle Block |  |  |
| High Block |  |  |
| Double Knifehand Blocks |  |  |
| Formal Style Strikes |  |  |
| Middle Punch |  |  |
| Vertical Punch |  |  |
| Palm Heel Strike |  |  |
| Tiger Claw Strike |  |  |
| Tiger Mouth Strike |  |  |
| Knifehand Strike |  |  |
| Side Knifehand Strike |  |  |
| Back Fist Strike |  |  |
| Ridgehand Strike |  |  |
| Hammer Fist Strike |  |  |
| Upper Cut Strike |  |  |
| Spear Hand Strike |  |  |
| Turns |  |  |
| Inside Middle Block in Front Stance |  |  |

Kicks

|  |  |  |
| --- | --- | --- |
|  | Score | Comments |
| Stretch Kicks |  |  |
|  |  |  |
| Basic Kicks |  |  |
|  |  |  |
| Advanced Kicks |  |  |
| Back Side Kick |  |  |
| Back Crescent Kick |  |  |
| Back Spin Kick |  |  |
| Sliding Kicks |  |  |
|  |  |  |
| Step Kicks |  |  |
| Front Kick |  |  |
| Roundhouse Kick |  |  |
| Side 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 |  |  |
| Front Kick - Back Crescent Kick |  |  |
| Side Kick - Back Side Kick |  |  |

One Step Sparring(Attacker: low block in front stance; Defender: Joon bee & nod, front/back leg kick, add a hand technique)

|  |  |  |
| --- | --- | --- |
|  | Score | Comments |
| Yellow and Orange Belt One Steps |  |  |
| Front Kick (Front Leg) |  |  |
| Front Kick (Back Leg) |  |  |
| Roundhouse Kick (Front Leg) |  |  |
| Roundhouse Kick (Back Leg) |  |  |
| Side Kick (Front Leg) |  |  |
| Side Kick (Back Leg) |  |  |

Special

|  |  |  |
| --- | --- | --- |
|  | Score | Comments |
| Breaking (Optional) |  |  |
| Sliding Side 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: | | |

Revision: 05/01/24