

BLUE

**FULL GEAR &
Groin cup &
Mouthguard**

BELT TESTING – WHITE UNIFORM ONLY

First Name: _____ Last Name: _____ Date of Birth: _____ Age: _____

Phone #: () _____ - _____ Address: _____

Circle Your Training Location: TR / FR / BR / MID / HOW / CM / Y / J / OTHER _____

Are you a Black Belt Club Member? YES _____ NO _____ Belt Size: 00 – 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 (circle one)

Special Information for the Judges _____

5 POINTS - _____

_____ White Uniform _____ Chest & Shoulder Patches
_____ Clean Uniform & Body _____ Belt tied properly

15 POINTS - _____

EQUIPMENT
(FULL GEAR & GROIN CUP & MOUTH GUARD)

20 POINTS - _____

BLOCKS & STANCES DRILL

Forward stance, upper block & punch _____

Back stance, center block & palm strike _____

Side stance & down block (back fist) _____

Cat stance, inward block & finger strike _____

20 POINTS - _____

TEMPLE ONE

DEEP STANCES _____

POWER _____

SPEED _____

KEIA (YELL) _____

KNOWLEDGE _____

10 POINTS - _____
NUNCHUK DEMONSTRATION

TECHNIQUE ___ FOCUS ___ CONCENTRATION ___

10 POINTS - _____

HAPKIDO

#4 DOUBLE WRIST GRAB (BEHIND) _____

#5 ONE ARM BAR (BEHIND) _____

#6 ARM CHOKE (BEHIND) _____

#7 HEAD LOCK FROM SIDE _____

10 POINTS - _____

BREAKING (FRONT KICK)

TECHNIQUE _____

FOCUS _____

CONCENTRATION _____

KEIAS _____

10 POINTS - _____

SPARRING

TECHNIQUE _____

FOCUS _____

CONCENTRATION _____

KEIAS _____

PERFORMANCE SCORING

0 ✓ X
NEED MORE WORK GOOD EXCELLENT

TOTAL SCORE (PASSING = 70+) _____

JUDGED BY: _____

PROMOTION EXAM FEE:

APPLICATION MUST BE HANDED IN BY: _____ RECEIVED BY: _____

EXTRA CREDIT: **10 POINTS** – Tournament Event(s) Placed: _____, _____, _____, _____

EXTRA CREDIT: **10 POINTS** – Tournament Demo(s): _____, _____, _____, _____