

BROWN

HEAD, HAND
& FOOT GEAR
Groin cup - Mouthguard
NEEDED

BELT TESTING - WHITE UNIFORM ONLY

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

Phone #: () _____ - _____ Address: _____

Circle Your Training Location: TR / MID / MAN / FR / WLB / JA / BR / HOW / YMCA / TN / EUR / 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

10 POINTS - _____

EQUIPMENT (HEAD, HAND & FOOT GEAR
& GROIN CUP & MOUTHGUARD)

10 POINTS - _____

COMBO DRILL

JAB, JAB, PUNCH, HOOK PUNCH,
DUCK, UPPER CUT,
ROUNDHOUSE KICK,
ROUNDHOUSE KICK,
BACKHAND

CONTROL _____

TECHNIQUE _____

SPEED _____

KEIA (YELL) _____

15 POINTS - _____

ICH KI

DEEP STANCES _____

POWER _____

SPEED _____

KEIA (YELL) _____

KNOWLEDGE _____

10 POINTS - _____

MMA GROUND DEFENSE

CONTROL _____ ESCAPE _____

SPEED _____ KEIA (YELL) _____

KNOWLEDGE _____

ADULTS 5 KNIFE DEFENSE

CHIN ___ THRUST ___ SLASH ___

NECK BEHIND ___ ICEPICK ___

20 POINTS - _____

25 COUNT

DEEP STANCES _____

POWER _____

SPEED _____

KEIA (YELL) _____

KNOWLEDGE _____

15 POINTS - _____

SPARRING

KICKS & BLOCKS ONLY

CONTROL _____

TECHNIQUE _____

SPEED _____

KEIA (YELL) _____

10 POINTS - _____ BREAKING (ROUNDHOUSE KICK)

CONCENTRATION _____ RESPECT _____

TECHNIQUE _____ KEIAS _____

FOCUS _____ POWER _____

5 POINTS - _____

KOREAN LANGUAGE

ATTENTION _____ BOW _____

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): _____, _____, _____, _____