

GREEN

HEAD, HAND & CHEST GUARD

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

15 POINTS - _____

EQUIPMENT
(HEAD, HAND & CHEST GUARD)

20 POINTS - _____

BLOCKS & STANCES (Kids-stationary/Teens & Adults-stepping)

Horse stance with down block _____

Side stance with center block _____

Back stance with inward block _____

Cat stance with knife hand _____

Forward stance, chop & punch _____

20 POINTS - _____

EIGHT POINT STAR - KICKS

TECHNIQUE _____

BALANCE _____

POWER _____

SPEED _____

FOCUS _____

DEEP STANCES _____ RHYTHM _____

KNOWLEDGE _____ KEIA (YELL) _____

10 POINTS - _____

BOW KATA

TECHNIQUE ___ FOCUS ___ CONCENTRATION ___

10 POINTS - _____

HAPKIDO MMA

#1 CROSS GRAB _____

#2 STRAIGHT GRAB _____

#3 TWO HAND GRAB _____

10 POINTS - _____

BREAKING (FIST)

TECHNIQUE ___ FOCUS ___

CONCENTRATION ___ KEIAS ___

10 POINTS - _____

CONTROLLED BACKHAND PUNCHING TO CHEST

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): _____, _____, _____, _____