

ORANGE

HEAD & HAND
GEAR
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

15 POINTS - _____

EQUIPMENT
(HEAD & HAND GEAR)

DEMONSTRATION DRILL

10 POINTS - _____

JOON BE (Ready Stance) _____ RIGHT ATTACK _____ PUNCHING _____ TAE KWON DO _____

20 POINTS - _____

BLOCKS (Kids-stationary/Teens & Adults-walking)

UPPER / FORWARD STANCE _____
DOWN / FORWARD STANCE _____
CENTER / FORWARD STANCE _____
INWARD / FORWARD STANCE _____

BALANCE _____
FOCUS _____
POWER _____
DEEP STANCE _____
SNAP _____

20 POINTS - _____

KICKS (STATIONARY)

	LEFT	RIGHT
FRONT KICK	_____	_____
SIDE KICK	_____	_____
SLAP KICK	_____	_____
CRESENT KICK	_____	_____
BACK KICK	_____	_____
ROUNDHOUSE KICK	_____	_____

10 POINTS - _____

EIGHT POINT STAR – BLOCKS

POWER _____
DEEP STANCES _____
KNOWLEDGE _____
KEIA (YELL) _____

10 POINTS - _____

BREAKING (ELBOW)

TECHNIQUE _____ FOCUS _____
CONCENTRATION _____ KEIAS _____

10 POINTS - _____

CONTROLLED BACKHAND PUNCHING INTO MMA

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): _____, _____, _____, _____