

# PRE BLACK

FULL SPARRING GEAR  
& Weapon of Choice  
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

### 5 POINTS - \_\_\_\_\_

EQUIPMENT (FULL SPARRING GEAR & GROIN CUP  
AND MOUTHGUARD & WEAPON OF CHOICE)

### 15 POINTS - \_\_\_\_\_

#### ½ KUMOCK

CONFIDENCE \_\_\_\_\_  
FOCUS \_\_\_\_\_  
IMPRESSIVE \_\_\_\_\_  
TIMING \_\_\_\_\_  
DIFFICULTY \_\_\_\_\_  
POWER \_\_\_\_\_

### 15 POINTS - \_\_\_\_\_

#### TEMPLE 3

CONFIDENCE \_\_\_\_\_  
FOCUS \_\_\_\_\_  
IMPRESSIVE \_\_\_\_\_  
TIMING \_\_\_\_\_  
DIFFICULTY \_\_\_\_\_  
POWER \_\_\_\_\_

### 15 POINTS - \_\_\_\_\_

#### WEAPON KATA

Sai – Tungfa – Short stick – Fan  
Comet – Etc...  
  
CONTROL \_\_\_\_\_  
SHARPNESS \_\_\_\_\_  
IMPRESSIVE \_\_\_\_\_  
RHYTHM \_\_\_\_\_  
DIFFICULTY \_\_\_\_\_

### 10 POINTS - \_\_\_\_\_

#### DETAIL KICKS (ON A PERSON)

FRONT \_\_\_\_\_  
SIDE RIGHT \_\_\_\_\_  
SIDE LEFT \_\_\_\_\_  
ROUND HOUSE \_\_\_\_\_

### 10 POINTS - \_\_\_\_\_

#### 5 GRAPPLING TECHNIQUES

DETAILS \_\_\_\_\_  
SAFETY \_\_\_\_\_  
KNOCK OUT \_\_\_\_\_  
KEIA \_\_\_\_\_

### 10 POINTS \_\_\_\_\_

#### SPARRING (AGAINST 3 PEOPLE)

DEFENSE \_\_\_\_\_ ATTACK \_\_\_\_\_  
POWER \_\_\_\_\_ BALANCE \_\_\_\_\_ KEIA \_\_\_\_\_

### 10 POINTS \_\_\_\_\_

#### BREAKING ( JUMP SIDE or SKIP KICK)

CONCENTRATION \_\_\_\_\_ RESPECT \_\_\_\_\_  
TECHNIQUE \_\_\_\_\_ KEIAS \_\_\_\_\_  
FOCUS \_\_\_\_\_ POWER \_\_\_\_\_

### 5 POINTS - \_\_\_\_\_

#### KOREAN LANGUAGE

RAISE HAND \_\_\_\_\_ CAREFUL \_\_\_\_\_  
THANK YOU \_\_\_\_\_ COUNT 1 TO 10 \_\_\_\_\_

### 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): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_