

# RED

FULL SPARRING GEAR  
Groin Cup – Mouth Guard  
**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

(Full Sparring Gear & Groin Cup & Mouth Guard)

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

#### COUNTER SELF DEFENSE MMA

##### ADULTS – GUN DEFENSE

FRONT - SIDE - BACK

##### TEENS – KNIFE DEFENSE

FRONT - SIDE - BACK

##### KIDS UNDER 12 YEARS

GROUND DEFENSE  
CHOKE FROM SIDE – ON TOP  
AND ON BACK

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

#### DRAGONS CLAW

DEEP STANCES \_\_\_\_\_

POWER \_\_\_\_\_

SPEED \_\_\_\_\_

KEIA (YELL) \_\_\_\_\_

KNOWLEDGE \_\_\_\_\_

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

#### ½ NAHANCHI

DEEP STANCES \_\_\_\_\_

POWER \_\_\_\_\_

SPEED \_\_\_\_\_

KEIA (YELL) \_\_\_\_\_

KNOWLEDGE \_\_\_\_\_

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

#### BREAK FALLS

BACKWARD \_\_\_\_\_

FORWARD \_\_\_\_\_

TO THE SIDE \_\_\_\_\_

TECHNIQUE \_\_\_\_\_

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

#### SPARRING AGAINST 2 PEOPLE

ATTACK \_\_\_\_\_

DEFENSE \_\_\_\_\_

POWER \_\_\_\_\_

KEIA \_\_\_\_\_

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

#### BREAKING ( SPIN KICK)

CONCENTRATION \_\_\_\_\_ RESPECT \_\_\_\_\_

TECHNIQUE \_\_\_\_\_ KEIAS \_\_\_\_\_

FOCUS \_\_\_\_\_ POWER \_\_\_\_\_

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

#### KOREAN LANGUAGE

HELLO \_\_\_\_\_ GOODBYE \_\_\_\_\_

UNIFORM \_\_\_\_\_ BELT \_\_\_\_\_

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