

YELLOW

HEAD GEAR &
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 _____ Belt tied properly
_____ Chest & Shoulder Patches
_____ Clean Uniform & Body

15 POINTS - _____

EQUIPMENT
(HEAD GEAR & MOUTH GUARD)

20 POINTS - _____

BLOCKS AND PUNCH (HORSE STANCE)

UPPER RIGHT AND PUNCH _____
UPPER LEFT AND PUNCH _____

CENTER RIGHT AND PUNCH _____
CENTER LEFT AND PUNCH _____

INWARD RIGHT AND PUNCH _____
INWARD LEFT AND PUNCH _____

DOWNWARD RIGHT AND PUNCH _____
DOWNWARD LEFT AND PUNCH _____

20 POINTS - _____

KICKS (STATIONARY)

FRONT KICK RIGHT LEG _____
FRONT KICK LEFT LEG _____

SLAP KICK RIGHT LEG _____
SLAP KICK LEFT LEG _____

SIDE KICK RIGHT LEG _____
SIDE KICK LEFT LEG _____

BACK KICK RIGHT LEG _____
BACK KICK LEFT LEG _____

20 POINTS - _____

EIGHT POINT STAR – STRIKES

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

10 POINTS - _____

BREAKING (KNIFE HAND)

TECHNIQUE ___ FOCUS ___
CONCENTRATION ___ KEIAS ___

10 POINTS - _____

SSEIRUM (TECHNIQUE DEMO)

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): _____, _____, _____, _____