



TAEKWONDO PROMOTION TESTING APPLICATION

NO BELT TO DK. BLUE BELT

LAST NAME:

FIRST NAME:

AGE:

DATE OF TESTING:

APPLICATION DUE: Wednesday before test by 8:30pm

TEST TIME:

CURRENT RANK:

FILL IN RANK / TESTING FOR:

WHITE	YELLOW	ORANGE	LT. GREEN
DK. GREEN	PURPLE	LT. BLUE	DK. BLUE

TESTING FEE: \$45 - check the appropriate fee rate to attend **regular testings** (odd months, see schedule dates)
Each Student Must Have Full Sparring Gear By Red Belt Testing

- \$45 if turned in **BEFORE 8:30pm** on application due date
- +\$10 for Private Test by appointment - see office
- +\$5 if turned in **AFTER 8:30pm** on application due date

READ AND CHECK THE FOLLOWING BOXES:

- Yes, I understand that this application may be turned in early, and absolutely **MUST BE turned in by 8:30pm on the Wednesday before testing to receive the discounted testing fee price.**
- Yes, I have completed the worksheet on the back of this form. The Master An's manual contains all the answers. A class is offered every week to help with studying the manual and general terminology sheet.
- I will bring my sparring gear to the test.
- I will attend Part 1 test on Thursday() / Friday() - please check the date
- I may submit this application after earning my green stripe.

ANSWER IF THE APPLICANT IS OF SCHOOL AGE:

- Yes, I have attache a home report card graded by a parent or guardian.
- Yes, I finished write recommendation letter.

do not write in the box below for judges only

BASICS

Flexibility.....	A	A-	B	B-	C	C-	R
Sit-ups.....	A	A-	B	B-	C	C-	R
Push-ups.....	A	A-	B	B-	C	C-	R
Falling(Nak-bub)....	A	A-	B	B-	C	C-	R
Jump Rope.....	A	A-	B	B-	C	C-	R
Speed.....	A	A-	B	B-	C	C-	R
Power.....	A	A-	B	B-	C	C-	R
Snap.....	A	A-	B	B-	C	C-	R
Focus.....	A	A-	B	B-	C	C-	R
Ki-Hap.....	A	A-	B	B-	C	C-	R

HAND TECHNIQUES

Blocks.....	A	A-	B	B-	C	C-	R
Combinations...A	A	A-	B	B-	C	C-	R
Stances.....	A	A-	B	B-	C	C-	R

KICKING TECHNIQUES

Basic kick.....	A	A-	B	B-	C	C-	R
Combination kick....	A	A-	B	B-	C	C-	R

SELF-DEFENSE/ONE-STEP

Understanding.....	A	A-	B	B-	C	C-	R
Coordination.....	A	A-	B	B-	C	C-	R
Power/control.....	A	A-	B	B-	C	C-	R

POOMSE(FORM) Taeguk

Coordination.....	A	A-	B	B-	C	C-	R
Ki-hap/yell.....	A	A-	B	B-	C	C-	R
Power.....	A	A-	B	B-	C	C-	R

SPARRING..... A A- B B- C C- R

BREAKING..... A A- B B- C C- R

TERMINOLOGY..... A A- B B- C C- R

GENERAL REMARKS

Discipline.....	A	A-	B	B-	C	C-	R
Attitude.....	A	A-	B	B-	C	C-	R
Concentration.....	A	A-	B	B-	C	C-	R
Confidence.....	A	A-	B	B-	C	C-	R

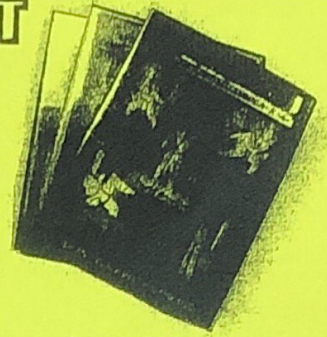
Comments _____

RESULTS

PASS RETEST HOLD



TAEKWONDO PROMOTION TESTING APPLICATION NO BELT TO DK. BLUE BELT



*Complete the following worksheet, all answers have covered in class and are in the Master An's manual or terminology sheet.

*Parents may assist young children with this worksheet.

*Classes are available every week to help study the manual

*Practice your test poomse with Poomse DVD (even new poomse after test)

Poomse DVD's are available in pro-shop. (ask in office)

1. How do you count to five in Korean?

- a. Da-sut, Net, Set, Dule, Hah-na
- b. Hah-na, Set, Net, Da-sut, Ya-sut
- c. One, two, three, four, five
- d. Hah-na, Dule, Set, Net, Da-sut
- e. Uno, Dos, Tres, Cuatro, Cinco

2. Where does Taekwondo come from?

- a. South Korea
- b. Hapkido
- c. One, twp, three, four, five
- d. North Korea
- e. Japan

3. What is the name of your uniform in Korean?

- a. Gi
- b. Gee
- c. Do-boke
- d. Do-jang
- e. Dan jon ho hup

4. What does "Cha-ryot" mean?

- a. Attendance
- b. Stop
- c. Begin
- d. Attention
- e. Bow

5. How do you say "How are you" in Korean?

- a. Gam-sa-hom-ni-da
- b. Myoung-sahang
- c. Shon-ba-kwah
- d. Ahn-young-ha-shim-ne-ka
- e. Sa-bu-nim Kay Kyung nay

6. Why do we yell in class?

- a. Because we are mad
- b. Because show I am better than anyone
- c. To obtain more power, regulate breathing reduce tension, etc.
- d. So we can win prize
- e. To scare the teacher

7. What are the two forms of martial arts that compete in the Olympic?

- a. Hapkido, Taekwondo
- b. Karate, Judo
- c. Gumdo, Taekwondo
- d. Kick boxing, Karate
- e. Taekwondo, Judo

8. What is the your name of the Poomse?

- a. Gi-Cho
- b. Taegeuk "PAL Jang"
- c. Taegeuk "IL Jang"
- d. Taegeuk "SA Jang"
- e. Taegeuk "E Jang"
- f. Taegeuk "CHIL Jang"
- g. Taegeuk "OH Jang"
- h. Taegeuk "SAM Jang"
- i. Ko-ryo
- j. Taegeuk "YUK Jang"

9. How many moves does your poomse have?

- a. 12
- b. 18
- c. 20
- d. 23
- e. 24
- f. 25

10. What color is "Hong" in competition?

- a. Red
- b. Blue
- c. Black
- d. Bodan
- e. Gold

11. What does "Tae", "Kwon", "Do" mean?

- a. Kick abd punch really hare
- b. Kick and punch each other
- c. To Kick with the foot, Punch with the hand and to follow a path of discipline
- d. To Kick with the hand, Punch with the foot and to follow a path of discipline
- e. To Kick with the hand, Punch with the foot and to Yell a lot