

10th GUP WHITE

\$30

Test Fee

Student Name _____

AGE

Belt Size

Promotion Rank

KICKS:

- Rear Leg Front Kick
- Lead Leg Front Kick
- Stepping Front Kick
- Rear Leg Side Kick
- Lead Leg Side Kick
- Stepping Side Kick
- Jump Knee Kick

4 DIRECTION EXERCISE:

- Punch
- Block
- Kick

PATTERNS:

- Chon Ji

3 STEP SPARRING:

- Beginning without a Partner
- Beginning with a Partner

SELF DEFENSE:

- #1
- #2
- #3
- #4
- #5
- #6
- #7
- #8

KNOWLEDGE

- What is the meaning of White Belt?
- Counting to 10 in Korean
- What is the colored belt system in ITF Tae Kwon Do?
- Proper class etiquette

ATTENDANCE:

- 8 Weeks active training
- 16 Classes

Test Partner _____

Tester _____