

4th GUP BLUE

\$30

Test Fee

Student Name _____

AGE

Belt Size

Promotion Rank

KICKS:

- Reverse Turning Kick
- Jump Turning Kick
- Skip Twist Kick
- Skip Vertical
- Multiple Kicking

PATTERNS:

- Chon Ji Won Hyo
- Dan Gun Yul Gok
- Do San Joong Gun

KNOWLEDGE:

- What is the Joong-Gun pattern diagram, number of moves and meaning?
- What does the color Blue Belt mean?
- What are the ten parts to the Student/ Instructor Relationship?
- What are the 8 parts of the Secrets of Tae Kwon Do training?

STEP SPARRING:

- 3 Step
- 2 Step
- 1 Step

SELF DEFENSE:

- #1 #3
- #2 #4

ATTENDANCE:

- 3 Months active training
- 24 Classes

BREAKING 13 years +:

- Hand
- Foot

Test Partner _____

Tester _____