

# PROMOTIONAL EVALUATION



1st Dan to 2nd Dan

Test Date: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Belt Size: \_\_\_\_\_  
 Test Fee: \_\_\_\_\_ Paid: Yes \_\_\_ No \_\_\_ Monthly Dues Paid: Yes \_\_\_ No \_\_\_

In consideration that there may be a risk involved at the test, I hereby release the President, Master Instructor, Instructors, Members, and authorized guest from all responsibilities and all claims for injuries I may receive while taking this test. I agree that the testing fee is not refundable under any circumstances.

Any Physical Problems: \_\_\_\_\_

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent / Guardian Signature

Patterns (Tul)      Power \_\_\_\_\_      Stance \_\_\_\_\_      Technique \_\_\_\_\_

_____	_____	_____
_____	_____	_____
_____ Kwang-Gae	_____ Po-Eun	_____ Gae-Baek

Kicks (Chagi)

Right Leg

Left Leg

Kicks (Chagi)	Right Leg	Left Leg
Pick-shape Kick		
Flying Downward Kick		
Flying Twin Foot Side Piercing Kick 2 targets	1 2	
Flying Twin Foot Turning Kick 1 target		
Flying Twin Foot High Kick 1 or 2 targets	1 2	1 2
Flying Double Kicks	1 2	1 2
Flying Two Consecutive Kicks	1 2	1 2
Flying Two Combination Kicks	1 2	1 2
Mid-air Double Kicks		

Sparring (Matsoki)	Free Sparring (Jayoo Matsoki)	Self-Defense (Ho-sin-sul)
_____ Model Sparring	_____ Guard	
_____ 1 Step - Advanced	_____ Movement	_____
	_____ Combinations	

Breaking (Wiryok Sibum)

MEN

Hands

- \_\_\_\_\_ 4 boards Front punch with the forefist
- \_\_\_\_\_ 3 tiles Downward punch with the forefist
- \_\_\_\_\_ 4 tiles Downward strike with the knife-hand

Feet (power)

- \_\_\_\_\_ 3 boards Twisting kick, stepping hook kick, reverse hook kick, or reverse turning kick
- \_\_\_\_\_ 4 boards Turning kick
- \_\_\_\_\_ 5 boards Side piercing kick, mid-air 180° back piercing kick, or mid-air 360° back piercing kick

Feet (technique)

- \_\_\_\_\_ 2 suspended boards with any mid-air kick, or any flying kick
- \_\_\_\_\_ 2 boards - two targets with flying twin foot front snap kick

Women/Juniors (Jrs. 15 - 17 years)

Hands

- \_\_\_\_\_ 1 suspended board with outward strike with the knife-hand, or inward strike with the knife-hand
- \_\_\_\_\_ 1 tile Downward punch with the forefist, downward strike with the back fist, or downward strike with the reverse knife-hand
- \_\_\_\_\_ 2 tiles Downward strike with the knife-hand

Feet (power)

- \_\_\_\_\_ 2 boards Reverse hook kick
- \_\_\_\_\_ 3 boards Side piercing kick

Feet (technique)

- \_\_\_\_\_ 1 suspended board with any mid-air kick, or any flying kick
- \_\_\_\_\_ 1 board - two targets Flying twin foot front snap kick

Peewees (age 0-14)

Hands

- \_\_\_\_\_ 1board Downward strike with the Knifehand

Feet (power)

- \_\_\_\_\_ 1 board Flying front snap kick, or flying turning kick
- \_\_\_\_\_ 2 boards Flying side piercing kick

Feet (technique)

- \_\_\_\_\_ 1 board Flying twisting kick, or flying 360° back piercing kick
- \_\_\_\_\_ 2 boards Mid-air 180° back piercing kick

- \_\_\_\_\_ 14.5 years or age or older
- \_\_\_\_\_ 30 Hours Community Service or Project
- \_\_\_\_\_ 24 months Active Training
- \_\_\_\_\_ 3 Tournaments - compete or officiate

Appearance: ( ) Uniform ( ) Belt ( ) Patches ( ) Other

Comments: \_\_\_\_\_

Pass \_\_\_\_\_ Probation \_\_\_\_\_ New Rank \_\_\_\_\_

Instructor \_\_\_\_\_ Examiner \_\_\_\_\_