

PROMOTIONAL EVALUATION



3rd Dan to 4th 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 _____

_____	_____	_____
_____	_____	_____
_____ Sam-Il	_____ Yoo-Sin	_____ Choi-Yong

Kicks (Chagi)

Right Leg

Left Leg

Kicks (Chagi)	Right Leg	Left Leg
Waving Kick		
Mid-air 360° Double Back Piercing Kick		
Flying 360° Reverse Turning Kick		
Flying Triple Kicks		
Flying Consecutive Kicks	1	
	2	
	3	
Flying Combination Kicks	1	
	2	
	3	

Sparring (Matsoki)	Free Sparring (Jayoo Matsoki)	Self-Defense (Ho-sin-sul)
_____Foot technique Sparring	_____Guard	
_____1 Step - Advanced	_____Movement	_____
	_____Combinations	

Breaking (Wiryok Sibum)

MEN

Hands

- _____4 tiles Reverse knifehand or Backfist
 _____6 tiles Downward strike with the knife-hand

Feet (power)

- _____7 boards Side piercing kick
 _____6 boards Mid-air 180° Back Piercing Kick
 _____5 boards Mid-air 360° Back Piercing Kick
 _____4 boards Twisting, Stepping Hook or Reverse Hook

Feet (technique)

- _____3 boards Any standing kick with suspended board
 _____3 boards each - two targets Flying twin foot front snap kick, turning kick, or side piercing kick
 _____4 boards - one target Flying twin foot front snap kick, turning kick
 _____2 boards each - two targets Flying Double, Consecutive (2) or Combination (2) kicks
 _____1 board each - three targets Flying double kick with hand, flying consecutive or combination (2) kick with hand or flying consecutive or combination (3) kick

Women

Hands

- _____3 tiles Punch, Backfist, or Reverse knifehand
 _____4 tiles Downward knifehand
 _____2 boards punch, inward or outward knifehand with suspended board

Feet (power)

- _____6 boards Side piercing kick
 _____5 boards Mid-air 180° or 360° Back Piercing Kick
 _____4 boards Back Piercing Kick
 _____3 boards Twisting, Stepping Hook or Reverse Hook

Feet (technique)

- _____2 boards with any flying or mid-air kick
 _____2 boards - two targets Flying twin foot front snap kick, turning, or side kick
 _____3 boards - one target Flying twin foot front snap kick, turning kick
 _____1 board each - two targets Flying double, consecutive (2), combination (2) kick

_____ 19.5 years or age or older

_____ Thesis - 6 pages minimum

_____ 42 months Active Training

_____ 3 Tournaments - compete or officiate

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

Comments: _____

Pass _____ Probation _____ New Rank _____

Instructor _____ Examiner _____