

PROMOTIONAL EVALUATION



5th Gup to 4th Gup
Blue Stripe to Blue Belt

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 _____

Yol-Gok

Kicks (Chagi)

Right Leg

Left Leg

Bandal-Dollyo-Chagi
reverse turning kick

Yonsok-Chagi
consecutive kicking A. _____ — _____ B. _____ — _____

360° Twimyo-Dwitcha-Jirugi
360° jump back kick

Yaksok Matsoki

Break (Wiryok Sibum)

() Ilbo -- 1 step sparring
5 to 7 defenses

Side kick _____ 3 boards, adult
 _____ 2 boards, under 120 lbs.
 _____ 2 boards, juniors
 (can be done with 1 step, skip, or hop)

Self-Defense

- () 1 Throw against a back piercing kick from a L-stance
- () Capture a side piercing kick
- () Capture a front snap kick
- () Defend against a double choke from the front
- () Defend against a single choke with the forearm from the rear
- () Defend against a headlock from the side

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

Verbal ()

Sparring (Jayoo Matsoki)

Pass _____

() Guard

Probation _____

() Movement

New Rank _____

() Combinations

Instructor _____ Examiner _____