

PROMOTIONAL EVALUATION



8th Gup to 7th Gup
Yellow Belt to Green Stripe

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 _____

Dan - Gun

Kicks (Chagi)

Right Leg

Left Leg

Bandal-Chagi
crescent kick

Golcho-Chagi
hooking kick

Twimyo-Yop-Cha-Jirugi
jump side kick

Yaksok Matsoki

Break (Wiryok Sibum)

() Sambo — three step sparring w/ partner
3 to 5 defenses
walking stance vs. L-stance

Consecutive kick
2 station break, 1 board each station

Self-Defense

- () 1 Joint attack from a single straight grab to the wrist
- () 1 Joint attack from a single cross grab to the wrist
- () 1 Joint attack from a double grab to the wrists
- () 1 Joint attack from a single grab to the lapel
- () 1 Pressure point

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

Verbal ()

Sparring (Jayoo Matsoki)
() Guard
() Movement
() Combinations

Pass _____
 Probation _____
 New Rank _____
 Pass _____

Instructor _____ Examiner _____