

PROMOTIONAL EVALUATION



1st Gup to 1st 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 _____

_____ Chon-Ji	_____ Won-Hyo	_____ Toi-Gye
_____ Dan-Gun	_____ Yul-Gok	_____ Hwa-Rang
_____ Do-San	_____ Joong-Gun	_____ Choong-Moo

Kicks (Chagi)

Right Leg

Left Leg

Kicks (Chagi)	Right Leg	Left Leg
Quadruple Kicks		
Four Consecutive Kicks multiple targets, more difficult kicks		
Flying Side Pushing Kick		
Flying Side Thrusting Kick		
Flying 360° Reverse Hook Kick (offensive)		
Flying Twin Foot Front Snap Kick 1 or 2 targets	1 2	1 2
Flying Twin Foot Side Piercing Kick 1 target		
Mid-air 360° Back Piercing Kick		

Sparring

Free Sparring

Self-Defense

(Matsoki)	(Jayoo Matsoki)	(Ho-sin-sul)
_____ Semi-free Sparring (Ban-Jayoo Matsoki)	_____ Guard	
_____ 1 Step - Advanced	_____ Movement	_____
	_____ Combinations	

Breaking (Wiryok Sibum)

MEN

Hands

_____ 2 tiles Downward punch with forefist, downward strike with back fist, or downward strike - reverse knifehand

_____ 3 tiles Downward strike with the knife-hand

Feet (power)

_____ 2 boards flying twisting kick

_____ 3 boards flying front snap kick, flying turning kick, or flying 360° back piercing kick

_____ 4 boards flying side piercing kick, or mid-air 180° back piercing kick

Feet (technique)

_____ 1 suspended board with any standing kick

_____ 2 boards - one target with flying twin foot front snap kick, or flying twin foot side piercing kick

Women/Juniors (Jrs. 15 - 17 years)

Hands

_____ 2 boards Front punch with forefist, outward strike with the knife-hand, or inward strike with the reverse knife-hand

_____ 1 tile Downward strike with the knifehand

Feet (power)

_____ 1 board Flying twisting kick

_____ 2 boards Flying front snap kick, flying turning kick, or flying 360° back piercing kick

_____ 3 boards Flying side piercing kick, or mid-air 180° back piercing kick

Feet (technique)

_____ 1 suspended board with any standing kick

_____ 1 board Flying twin foot front snap kick, or flying twin foot side piercing 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

_____ 6 months Active Training

_____ 20 Hours Community Service or Project

_____ Written Gup Tests

_____ 3 Tournaments - compete or officiate

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

Comments: _____

Pass _____ Probation _____ New Rank _____

Instructor _____ Examiner _____