



Champion Tae Kwon Do 1st Gup (Advanced Red)

Name: _____ Age: _____ Date: _____

BLOCKS, STRIKES & COMBINATIONS []

Demonstrate techniques **GAWI MAKKI** [] **PYOJOK CHIGI** [] **DOOBEON JIREUGI** []
 BAKKAT MAKKI [] **PALMOK CHIGI** [] **PYONSON KEUT CHIREUGI** []

KICKING & COMBINATIONS []

Back stance **JUMP TURN HOOK KICK** [] **TURN HOOK >>> JUMP TURN HOOK KICK** []
 ROUND KICK >>> JUMP TURN ROUND KICK []

POOMSE TAEGUK PAL JANG []

FORMAL & INFORMAL SELF-DEFENCE []

	FORMAL X10	INFORMAL X10
DIFFICULTY	[]	[]
CLARITY	[]	[]
POWER PLACEMENT	[]	[]
SPEED	[]	[]
ACCURACY	[]	[]
VARIETY	[]	[]
CONCENTRATION	[]	[]
BALANCE	[]	[]

SPARRING []

ATTACKING [] DEFENCE [] CONCENTRATION []
 SPEED [] BALANCE [] FLEXIBILITY []

BREAK []

JUMP TURN HOOK KICK [] ELBOW (3+ boards) []

TERMINOLOGY []

In what Poomse are these techniques located?

**HECHYO MAKKI * SONNAL MOMTONG MAKKI * SONNAL MOK CHIGI * ME JOOMEOK CHIGI * PYOJEOK CHAGI *
 DEUNG JOOMEOK YUP CHIGI * WEA SANTUL MAKKI * KOA SEOGI * BATANG SON MOMTONG MAKKI *
 EOTGEOREO MAKKI * DEUNG JOOMEOK OLGUL APE CHIGI**

EXAMINER: _____

PASS / FAIL