Champion Tae Kwon Do
2nd Gup (Red)

Name: _____ **Age:** _____ **Date:** _____

BLOCKS, STRIKES & COMBINATIONS [ ]

Front stance	SCISSORS BLOCK	[ ]
Front stance	KNIFE HAND SOLAR PLEX STRIKE	[ ]

KICKING & COMBINATIONS [ ]

Back stance	TURN HOOK KICK	[ ]
Same Leg	AXE KICK >> > JUMP AXE KICK	[ ]

POOMSE TAEGUK CHIL JANG [ ]

FORMAL & INFORMAL SELF-DEFENCE [ ]

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

SPARRING [ ]

ATTACKING	[ ]	DEFENCE[ ]	CONSENTRATION	[ ]	
SPEED	[ ]	BALANCE	[ ]	FLEXIBILITY	[ ]

BREAK [ ]

TURN HOOK KICK [ ] KNIFE HAND (1 - 2) INSIDE >>> OUTSIDE >>> DOWN [ ]

TERMINOLOGY [ ]

MOMDOLLYO CHAGI * DWI DOLLYO CHAGI * JAPKO CHAGI * NALLA CHAGI * TWIEO CHAGI * HECHYO MAKKI * EOTGEOREO MAKKI * KEUMGANG MAKKI * PYOJEOK CHIGI * JEBIPOOM MOK CHIGI * SANTUL MAKKI * GAWI MAKKI

EXAMINER: _____ **PASS / FAIL**