SPORTSPLEX
The Ultimate Sports Facility

Champion Tae Kwon Do
3rd Gup (Advanced Blue)

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

BLOCKS, STRIKES & COMBINATIONS [ ]

Beom seogi	**PALM BLOCK**	[ ]
Front stance	**LOW X BLOCK >>> HIGH X BLOCK**	[ ]

KICKING & COMBINATIONS [ ]

Back leg jump kicks	**FRONT KICK**	[ ]	**ROUND KICK**	[ ]	**SIDE KICK**	[ ]
Back stance	**JUMP BACK KICK**	[ ]	**CRESENT KICK >> > JUMP TURN CRESENT KICK**			[ ]
Horse stance with a step forward and using the front leg	**HOOK KICK >>> ROUND KICK**					[ ]

POOMSE TAEGUK YUK JANG [ ]

FORMAL & INFORMAL SELF-DEFENCE [ ]

	FORMAL X6	**INFORMAL X6**
DIFFICULTY	[ ]	[ ]
CLARITY	[ ]	[ ]
POWER PLACEMENT	[ ]	[ ]
SPEED	[ ]	[ ]
ACCURACY	[ ]	[ ]
VARIETY	[ ]	[ ]
CONCENTRATION	[ ]	[ ]
BALANCE	[ ]	[ ]

SPARRING [ ]

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

BREAK [ ]

JUMP BACK KICK	[ ]	AXE KICK	[ ]

TERMINOLOGY [ ]

PALKOOP CHIGI * MOOREUP CHIGI * CHIGI * BATANG SON * DARI * BAL * BALNAL * BALDEUNG * DWICHOOK * DWIKOOMCHI * AGEUM SON * SONNAL DEUNG * APCHOOK * KOA SEOGI * HAKTARI SEOGI * BEOM SEOGI

EXAMINER: _____ **PASS / FAIL**