



Champion Tae Kwon Do 4th Gup (Blue)

Name: _____ Age: _____ Date: _____

BLOCKS, STRIKES & COMBINATIONS []

Front stance X BLOCK LOW [] X BLOCK HIGH []

KICKING & COMBINATIONS []

Back stance BACK KICK [] JUMP TURN CRESENT KICK []

Back leg HOOK KICK []

POOMSE TAEGUK O JANG []

FORMAL & INFORMAL SELF-DEFENCE []

FORMAL X4

INFORMAL X4

DIFFICULTY	[]	[]
CLARITY	[]	[]
POWER PLACEMENT	[]	[]
SPEED	[]	[]
ACCURACY	[]	[]
VARIETY	[]	[]
CONCENTRATION	[]	[]
BALANCE	[]	[]

SPARRING []

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

BREAK []

PUNCH (2-3 Boards) [] BACK KICK [] JUMP SIDE KICK (over 3 - 4 persons) []

TERMINOLOGY []

BANDAL CHAGI * DWIT CHAGI * AN CHIGI * BAKKAT CHIGI * APE CHIGI * NAERYO CHIGI * GAWISON -KEUT *
PYONSON - KEUT SEWEOCHIREUGI EOPEOCHIREUGI JECHYOCHIREUGI

EXAMINER: _____

PASS / FAIL