



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