



Champion Tae Kwon Do
Tiger Cubs 4th Test
(9th Gup Advanced White Belt)

Name: _____ Age: _____ Date: _____

FORMS

BASIC FORM A B C D F
(Complete 20 Steps)

STANCES

BACK STANCE A B C D F

BLOCK & STRIKE COMBINATIONS

DOUBLE PUNCH A B C D F
Front Stance

MIDDLE BLOCK-DOUBLE PUNCH A B C D F
Walking Stance, Single Step

LOW-MIDDLE-HIGH BLOCK A B C D F
Front Stance, Single Step

EXAMINER: _____

PASS / FAIL