



**Champion Tae Kwon Do**  
**5<sup>th</sup> Gup (Advanced Green)**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

---

**BLOCKS, STRIKES & COMBINATIONS [ ]**

Front stance **DOUBLE ARM MIDDLE BLOCK [ ]** Front stance **RIDGE HAND STRIKE [ ]**

Back stance **DOUBLE KNIFE HAND BLOCK >>> FRONT LEG FRONT KICK [ ]**

---

**KICKING & COMBINATIONS [ ]**

Front stance same level back leg **DOUBLE ROUND KICK [ ]** **DOUBLE SIDE KICK [ ]**

Back stance same leg **FRONT KICK >>> ROUND KICK [ ]** **TURN CRESCENT KICK [ ]**

---

**POOMSE TAEGUK SA JANG [ ]**

---

**FORMAL & INFORMAL SELF-DEFENCE [ ]**

	<b>FORMAL X4</b>	<b>INFORMAL X4</b>
DIFFICULTY	[ ]	[ ]
CLARITY	[ ]	[ ]
POWER PLACEMENT	[ ]	[ ]
SPEED	[ ]	[ ]
ACCURACY	[ ]	[ ]
VARIETY	[ ]	[ ]
CONCENTRATION	[ ]	[ ]
BALANCE	[ ]	[ ]

---

**SPARRING [ ]**

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

---

**BREAK [ ]**

Back leg **JUMP ROUND KICK [ ]** **JUMP SIDE KICK (Over 2 -3 persons) [ ]**

---

**TERMINOLOGY [ ]**

**CHIGI \* GEODEUREO MAKKI \* BANDAE \* BARO \* NAERYO \* YUP \* DOLLYO \* JEOCHYO \* SEWEO \* APE \* AN \***  
**BAKKAT \* DIGEUT \* CHI \* SONAL MAKKI**

---

**EXAMINER: \_\_\_\_\_ PASS / FAIL**