



Champion Tae Kwon Do
5th 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 []

	FORMAL X4	INFORMAL X4
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**