



# Champion Tae Kwon Do 6<sup>th</sup> Gup ( Green )

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

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## BLOCKS, STRIKES & COMBINATIONS [ ]

Front stance **SUPPORT MIDDLE BLOCK** [ ] Back stance **SUPPORT LOW BLOCK** [ ]

Front stance **IN KNIFE HAND STRIKE** [ ] Front stance **OUT KNIFE HAND STRIKE** [ ]

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## KICKING & COMBINATIONS [ ]

Back stance front leg **JUMP ROUND KICK** [ ] **JUMP SIDE KICK** [ ]

Back stance same leg **FRONT KICK >>> JUMP FRONT KICK** [ ]

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## POOMSE TAEGUK SAM JANG [ ]

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## FORMAL & INFORMAL SELF-DEFENCE [ ]

	FORMAL X4	INFORMAL X4
DIFFICULTY	[ ]	[ ]
CLARITY	[ ]	[ ]
POWER PLACEMENT	[ ]	[ ]
SPEED	[ ]	[ ]
ACCURACY	[ ]	[ ]
VARIETY	[ ]	[ ]
CONCENTRATION	[ ]	[ ]
BALANCE	[ ]	[ ]

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## SPARRING [ ]

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

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## BREAK [ ]

ELBOW STRIKE ( 2- 3 Boards ) [ ] JUMP FRONT KICK [ ] JUMP SIDE KICK ( Over 1-2 persons ) [ ]

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## TERMINOLOGY [ ]

MOA SOGI \* DWIT KUBI \* JOOCHOOM SEOGI \* WEN \* OREUN \* CHIRUGI \* ME JOOMEOK \*  
DEUNG JOOMEOK \* PYON JOOMEOK \* BAM JOOMEOK \* SONNAL

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