



Champion Tae Kwon Do
7th Gup (Advanced Yellow)

Name: _____ Age: _____ Date: _____

BLOCKS, STRIKES & COMBINATIONS []

Back stance **DOUBLE KNIFE HAND BLOCK** [] Front stance **FORWARD BACK FIST** []

Horse stance **KNIFE HAND BLOCK** [] Horse stance **BACK FIST** []

KICKING & COMBINATIONS []

Back stance **FRONT JUMP KICK** [] **AXE KICK** []

Front leg kicking **FRONT KICK** [] **ROUND KICK** [] **SIDE KICK** []

POOMSE TAEGUK E JANG []

FORMAL & INFORMAL SELF-DEFENCE []

Not required at this time.

SPARRING []

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

BREAK []

ROUND KICK [] SIDE KICK []

TERMINOLOGY []

IL * E * SAM * SA * O * YUK * CHIL * PAL * GOO * SIP * KYOLUGI * KALYO * KAESOK * SHIJAK *
KUMAHN * HOGOO * CHUNG * HONG * SUNG * JIREUGI * JOOMEOK * MOM * SON * PAL * PALMOK *
PYEONHI SOGI * HOSINSOOL

EXAMINER: _____

PASS / FAIL