



Champion Tae Kwon Do
8th Gup (Yellow)

Name: _____ **Age:** _____ **Date:** _____

BLOCKS, STRIKES & COMBINATIONS []

Front stance	OUTSIDE MIDDLE BLOCK	[]	Front stance	ELBOW STRIKE	[]
Back stance	FOREARM BLOCK	[]	Horse stance	ELBOW STRIKE	[]
	KNIFE HAND BLOCK	[]			
Back stance >>> same side Front stance			KNIFE HAND BLOCK >>> SINGLE PUNCH		[]

KICKING & COMBINATIONS []

Front stance	THRUST KICK	[]	PUSH KICK	[]	CRESCENT KICK	[]
Front stance stepping forward alternating			FRONT KICK >>> ROUND KICK >>> SIDE KICK			[]

POOMSE []

TAEGUK IL JANG []

FORMAL & INFORMAL SELF-DEFENCE []

Not required at this time.

SPARRING []

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

BREAK []

FRONT KICK	[]	PUNCH (1 or 2 Boards)	[]
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TERMINOLOGY []

HANA * DUL * SET * NET * DASUT * YASUT * ILGUP * YUDUL * AHOPE * YUL * AP CHA OLLIGI *
HURIO CHAGI * AP CHAGI * DOLLYO CHAGI * YUP CHAGI * ARAE MAKKI * MOMTONG MAKKI *
OGUL MAKKI * AP SOGI * AP KUBI * TAEGUK * POOMSE

EXAMINER: _____ **PASS / FAIL**