



Champion Tae Kwon Do 9th Gup (Advanced White)

Name: _____ Age: _____ Date: _____

BLOCKS, STRIKES & COMBINATIONS []

Front stance	LOW BLOCK	[]	Front stance	MIDDLE PUNCH	[]
	MIDDLE BLOCK	[]		DOUBLE PUNCH	[]
	HIGH BLOCK	[]			
Front stance single step combination			LOW - MIDDLE - HIGH	[]	
Walking stance single step combination			MIDDLE BLOCK - DOUBLE PUNCH	[]	

KICKING & COMBINATIONS []

Front stance	FRONT KICK	[]	ROUND KICK	[]	SIDE KICK	[]
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POOMSE []

GICHO IL BO []

FORMAL & INFORMAL SELF-DEFENCE []

Not required at this time.

SPARRING []

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

BREAK []

No breaking at this level.

TERMINOLOGY []

TAE KWON DO * DOJANG * DOBOK * KU KIE * WTF * USTU * KUKKIWON * CHARYEOT * KYEONG YE *
JOON BE * BORO * MAKKI * CHAGI * KIHAP * DIRO DORA * KYOSANIM * SABUM NIM * KWAN JANG NIM

EXAMINER: _____

PASS / FAIL