

# United Federation of Taekwondo Instructors - 1st Dan Black Belt

<b>Name</b>		<b>Belt Size</b>	
<b>Email</b>		<b>Date</b>	

## Forms

	Score	Comments
Kicho IL Jang		
Kicho I Jang		
Kicho Sam Jang		
Palgue IL Jang		
Palgue I Jang		
Palgue Sam Jang		
Palgue Sa Jang		
Palgue O Jang		
Palgue Yuk Jang		
Palgue Chil Jang		
Palgue Pal Jang		
Koryo		
Keum Gong		
Nipponjin #1		

## Blocks & Strikes

At Judge's Discretion

	Score	Comments
<b>Formal Style Blocks</b>		
<b>Formal Style Strikes</b>		
<b>Sparring Style Strikes</b>		
<b>Sparring Style Blocks</b>		
<b>Turns</b>		

## Kicks

	Score	Comments
<b>Stretch Kicks</b>		
<b>Basic Kicks</b>		
<b>Advanced Kicks</b>		
<b>Sliding Kicks</b>		
<b>Step Kicks</b>		
<b>Jump Kicks</b>		
<b>45 Degree Jump Kicks</b>		
<b>Advanced Jump Kicks</b>		

## Kicking Combinations

	Score	Comments
Front Kick / Sliding Front Kick		

	Score	Comments
Roundhouse / Sliding Roundhouse Kick		
Side Kick / Sliding Side Kick		
Inside Crescent / Sliding Outside Crescent Kick		
Inside Crescent / Sliding Inside Twist Kick		
Front Kick / Back Crescent Kick		
Roundhouse / Back Spin Kick		
Side Kick / Back Side Kick		
Front Kick / Jump Front Kick		
Roundhouse / Jump Roundhouse		
Side / Jump Side Kick		
Inside Crescent / Thunder Kick		
Own Combinations		

### Sparring

	Score	Comments
Lower Belt One Steps		
<b>Punch Defenses</b>		
Jab		
Cross		
Hook		
Upper Cut		

### Self Defense

At Judge's Discretion

	Score	Comments
Random Grabs, Attacks from Front & Rear		
Straight Grab Joint Locks		
Cross Grab Joint Locks		
Throws		
Ground Fighting		
Falling & Rolling		
Body Movement Drill		

### Special

	Score	Comments
Demonstrated Teaching Experience		
Kunja Paper		
<b>Breaking (Optional)</b>		
5 Boards in Combination		

### Authorization

I recognize that promotion standards are uniform and that each belt reflects a specific level of competence. If I do not achieve the desired rank, I may take the test again after more practice at a time designated by the instructors.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Recommendation

I recommend the student:  be promoted to this rank  consider this a practice test

Judge: \_\_\_\_\_