

# United Federation of Taekwondo Instructors - 4th Kup / Blue Belt

Name		Belt Size	
Email		Date	

## 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		

## Blocks & Strikes

Side Stance and Reversed

	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>		
Block / Strike / Strike		

## 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>		
Jump Side Kick		
<b>45 Degree Jump Kicks</b>		
45 Degree Jump Front Kick		

## Kicking Combinations

	Score	Comments
Front Kick / Sliding Front Kick		
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		

## One Step Sparring

(Attacker: step back and ki-yap; Defender: step back & ki-kap; Attacker: Moving high punch)

	Score	Comments
Lower Belt One Steps		
Right Side (10)		
Left Side (10)		

## Self Defense

	Score	Comments
MilGi		
Attacks from Rear		
Attacks from Front		
Straight Grab Joint Locks (2)		

## Body Movement Drill with Blocks and Strikes

	Score	Comments
Front and Back / High Block / Reverse Palm Heel		
Side to Side / Outside Touch Block / Reverse Punch		
Slide Back 45 / Outside Touch Block / 4 Elbow Strikes		
Inside Pivot / 45 Degree, Inside Touch Block / Knifehand Strike		
Back Pivot / Low Inside Touch Block / Reverse Ridge Hand		
Cross-Step and Turn / Inside Touch Block / Reverse Upper Cut		
Back Spin / Back Fist		
Back Step / Low Outside Touch Block / Reverse Hammer Fist		

## Special

	Score	Comments
Breaking (Optional)		
Roundhouse Kick		

## 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: \_\_\_\_\_