

United Federation of Taekwondo Instructors - 6th Kup / Green 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		

Blocks & Strikes

	Score	Comments
Formal Style Blocks		
Straddle Punch		
Four Corner Drill		
Low Block		
Outside Middle Block		
Inside Middle Block		
High Block		
Double Knifehand Blocks		
Formal Style Strikes		
Middle Punch		
Vertical Punch		
Palm Heel Strike		
Tiger Claw Strike		
Tiger Mouth Strike		
Knifehand Strike		
Side Knifehand Strike		
Back Fist Strike		
Ridgehand Strike		
Hammer Fist Strike		
Upper Cut Strike		
Spear Hand Strike		
Turns		
Inside Middle Block in Front Stance		

Kicks

	Score	Comments
Stretch Kicks		
Basic Kicks		
Advanced Kicks		
Back Side Kick		
Back Crescent Kick		
Back Spin Kick		
Sliding Kicks		
Step Kicks		
Front Kick		
Roundhouse Kick		
Side 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		
Front Kick / Back Crescent Kick		
Side Kick / Back Side Kick		

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, front/back leg kick, add a hand technique)

	Score	Comments
Yellow and Orange Belt One Steps		
Front Kick (Front Leg)		
Front Kick (Back Leg)		
Roundhouse Kick (Front Leg)		
Roundhouse Kick (Back Leg)		
Side Kick (Front Leg)		
Side Kick (Back Leg)		

Special

	Score	Comments
Breaking (Optional)		
Sliding Side 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: _____