

United Federation of Taekwondo Instructors - 7th Kup / Orange Belt

Name		Belt Size	
Email		Date	

Forms

	Score	Comments
Kicho IL Jang		
Kicho I Jang		
Kicho Sam Jang		
Palgue IL 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		
Knifehand Strike		
Turns		
Low block in Front Stance		

Kicks

	Score	Comments
Stretch Kicks		
Front Stretch Kick		
Inside Crescent Kick		
Outside Crescent Kick		
Basic Kicks		
Front Kick		
Half Moon Kick		
Roundhouse Kick		
Back Kick		
Side Kick		
Advanced Kicks		
Back Side Kick		
Back Crescent Kick		
Sliding Kicks		
Sliding Front Kick		
Sliding Roundhouse		
Sliding Side Kick		

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, kick from front leg)

	Score	Comments
Yellow Belt One Steps		
Front Kicks		
Roundhouse Kicks		
Side Kicks		

Special

	Score	Comments
Breaking (Optional)		
Front 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: _____

Revision Date: 2024-08-24