

United Federation of Taekwondo Instructors - 5th Kup / Purple 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		

Blocks & Strikes

	Score	Comments
Formal Style Blocks		
Formal Style Strikes		
Sparring Style Strikes		
Jab		
Reverse Punch		
Moving Punch		
Palm Heel Strike		
Knifehand Strike		
Ridgehand Strike		
Back Fist Strike		
Side Knifehand Strike		
Hammer Fist Strike		
Hook		
Upper Cut Strike		
Spear Hand Strike		
Sparring Style Blocks		
Outside Low Block		
Inside Low Block		
Outside Middle Block		
Inside Middle Block		
High Block		
45 Degree Block		
Block-Strike Combinations		
Turns		
Block / Strike in Front Stance		

Kicks

	Score	Comments
Stretch Kicks		
Basic Kicks		
Advanced Kicks		
Sliding Kicks		
Step Kicks		
Front Kick		
Roundhouse Kick		

	Score	Comments
Side Kick		
Advanced Kicks		
Jump Kicks		
Jump Front Kick		
Jump Roundhouse		

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		
Roundhouse / Back Spin Kick		
Side Kick / Back Side Kick		

One Step Sparring

(Attacker: low block in front stance; Defender: Joon bee & nod, block, follow up with a strike and a kick)

	Score	Comments
Yellow, Orange, and Green Belt One Steps		
#1		
#2		
#3		
#4		
#5		

Self Defense

	Score	Comments
MilGi (5)		

Body Movement Drill with Blocks

	Score	Comments
Front and Back / High Block		
Side to Side / Outside Touch Block		
Slide Back 45 / Outside Touch Block		
Inside Pivot / 45 Degree, Inside Touch Block		
Back Pivot / Low Inside Touch Block		
Cross-Step and Turn / Inside Touch Block		
Back Spin / Outside Touch Block		
Back Step / Low Outside Touch Block		

Special

	Score	Comments
Breaking (Optional)		
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: _____