

United Federation of Taekwondo Instructors - 1st Kup / Temp 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		
Palgue Yuk Jang		
Palgue Chil Jang		
Palgue Pal Jang		
Koryo		

Blocks & Strikes

At Judge's Discretion

	Score	Comments
Formal Style Blocks		
Formal Style Strikes		
Sparring Style Strikes		
Sparring Style Blocks		
Turns		

Kicks

	Score	Comments
Stretch Kicks		
Basic Kicks		
Advanced Kicks		
Sliding Kicks		
Step Kicks		
Jump Kicks		
45 Degree Jump Kicks		
Advanced Jump Kicks		
Jump Back Side Kick		
Jump Back Crescent Kick		
Jump Back Spin		
Thunder Kick		
Flying 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		
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		
Punch Defenses		
Jab		
Cross		
Hook		

Self Defense

	Score	Comments
Random Grabs, Attacks from Front & Rear		
Straight Grab Joint Locks (10)		
Cross Grab Joint Locks (5)		
Throws (3)		
Ground Fighting		
Falling & Rolling		
Body Movement Drill		

Special

	Score	Comments
Demonstrated Teaching Experience		
Breaking (Optional)		
Back Spin Kick (Speed)		
Front-Back: 1 Hand/1 Foot Technique		

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: _____