

# United Federation of Taekwondo Instructors - 8th Kup / Yellow Belt

Name		Belt Size	
Email		Date	

## Forms

	Score	Comments
Kicho IL Jang		
Kicho I Jang		

## Blocks & Strikes

	Score	Comments
<b>Formal Style Blocks</b>		
Straddle Punch		
Low Block		
Outside Middle Block		
Inside Middle Block		
High Block		
<b>Formal Style Strikes</b>		
Middle Punch		
Knifehand Strike		

## Kicks

	Score	Comments
<b>Stretch Kicks</b>		
Front Stretch Kick		
Inside Crescent Kick		
Outside Crescent Kick		
<b>Basic Kicks</b>		
Front Kick		
Half Moon Kick		
Roundhouse Kick		
Back Kick		
Side Kick		

## One Step Sparring

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

	Score	Comments
Front Kicks		
Roundhouse Kicks		
Side Kicks		

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