

# Chang Lee's Tae Kwon Do



## Green Belt Applying for Blue Stripe

(Print)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age: \_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Desired Belt Size: \_\_\_\_\_ Test Fee: \$ \_\_\_\_\_

(All Information above should be completed for Certification) Date of Test: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

REQUIREMENTS		A+	A	B	C	D	Comments
1	Tae Kwon Do Attitude						
2	Stances:						
	Attention						
	Joon Bi Stance						
	Horse Stance						
	Front Stance						
	Walking Stance						
	Back Stance						
	Cat Stance						
3	Poomse:						
	Tae Geuk 3						
4	Kicks						
	Front Stretch Kick						
	Side Stretch Kick						
	Front Snap Kick						
	Crescent Kick						
	Roundhouse Kick						
	Step Forward Side Kick						
	Step Behind Side Kick						
	Step Behind Front Swing Kick						
	Back Kick						
	Back Kick – Back Kick						
	Roundhouse Backswing - Roundhouse Backswing						
5	Footwork:						
	Hop Forward						
	Hop Back						
	Spin Three-Step						
	Hop-Hop Forward						
	Hop-Hop Back						
	Hop Fwd, Step Fwd, Hop Fwd						
	Hop Back, Step Back, Hop Back						
6	One-Step Sparring						
7	Self Defense						
8	Free Sparring						
9	Breaking Roundhouse						
10	Terminology						
11	Philosophy						

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Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Name: \_\_\_\_\_

1. Name all the stances in Tae Kwon Do you have learned so far.

2. How have you benefited thus far other than physical discipline?

3. Why should you have patience in achieving your long-term goal in Tae Kwon Do?

4. How have you introduced Tae Kwon Do to others?

5. Seriously explain your respect to your instructor?

6. What goals do you plan to reach before your next belt test?

Example: Higher kicks or better grades in school