

# Chang Lee's Tae Kwon Do



## White Belt Applying for Yellow Stripe

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(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:						
	Basic 1						
4	Kicks						
	Front Stretch Kick						
	Front Snap Kick						
	Crescent Kick						
	Roundhouse Kick						
5	Footwork:						
	Hop Forward						
	Hop Back						
	Spin Three-Step						
6	Breaking Hammer Fist (Child) Palm Heel (Adult)						
7	Terminology						
8	Philosophy						

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

\_\_\_\_\_

\_\_\_\_\_

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(Print)

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

- Where do you first bow when you enter the training hall?  
A. Black Belt    B. Friend    C. Flags    D. Senior Belts
- What type of Martial Art are you learning now?  
A. Tae Kwon Do    B. Kung-Fu    C. Karate    D. Judo
- In what country did Tae Kwon Do originate?  
A. Korea    B. China    C. Japan    D. Philippines
- What is the proper way to answer Parents, Teachers, and Masters?  
A. yeah    B. yes    C. uh-huh    D. yes sir / no ma-am
- What do you do to show respect to your parents?
- Do you spend extra time on school work, other than homework, in improving your grades?
- What is Chang Lee's Tae Kwon Do Code?  
A.  
B.  
C.
- What is your long term goal in Tae Kwon Do?
- Draw a line connecting the words on the left to the matching words on the right.

Master

Studio

Uniform

Flags

Do-Jang

Sabumnim

Do-Bok

Kook-Ki