

Chang Lee's Tae Kwon Do

Yellow Belt Applying for Green 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 1						
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						
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						

REQUIREMENTS (Continued)		A+	A	B	C	D	Comments
6	One-Step Sparring						
7	Self Defense						
8	Free Sparring						
9	Breaking Back Kick						
10	Terminology						
11	Philosophy						

Notes: _____

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(Print)

Name: _____

1. Matching – Fill in the blank with the matching letter from the left column.

- | | |
|-----------------------|----------------------------------|
| A. Tae Kwon Do | ___ Kwan Jang Nim Key, Kyung Yea |
| B. Grand Master | ___ Poomsae |
| C. Instructor | ___ Kukiyea Kyung Yea |
| D. Studio | ___ Kwan Jang Nim |
| E. Uniform | ___ Sho |
| F. Attention | ___ Ba Row |
| G. Bow | ___ Joon Bi |
| H. Ready Motion | ___ Charyut |
| I. Return | ___ Do Bok |
| J. Form | ___ Do Jang |
| K. Bow to Flag | ___ Sabumnim |
| L. Relax | ___ Korean Martial Art |
| M. Bow to GrandMaster | ___ Gahm-sah-hahm-ni-da |
| N. Thank You | ___ Kyung Yea |

2. What have you learned from your Master so far?

3. Have you introduced Tae Kwon Do to others?

4. Why do you think that knowledge and discipline are necessary for everyone?