

# Chang Lee's Tae Kwon Do



## Black Stripe Applying for 1<sup>st</sup> Dan Black Belt

(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 8						
4	Stretching						
	Step Forward Stretch Out						
	Side Stretch Out						
5	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						
	Roundhouse Backswing - Roundhouse, Autobahn, Backswing						
	Axe Kick						
	Slide-up Round Kick, Bk Kick						
	Push Cut, Double Round Kick						
	Bk Leg Sliding Side Push Kick						
	Bk Leg Sliding Front Push Kick						
	Back Kick, Back Kick, Backswing, Backswing						
	Cover Punch, Kick-Kick						
REQUIREMENTS		A+	A	B	C	D	Comments
6	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						



	Hop Fwd, Step Fwd, Kick-Kick						
	Hop Bk, Step Bk, Kick-Kick						
	Hop Fwd, Hop Fwd, Back Kick						
	Hop Bk, Hop Bk, Back Kick						
	Hop Forward – Switch Stance						
	Hop Back – Switch Stance						
	Feinting						
7	One-Step Sparring						
8	Self Defense						
	Free Sparring						
9	Breaking: 360° Turning Backswing						
	Autobahn - Autobahn						
	Flying Side Kick						
	Blindfolded Jump Back Kick						
10	Terminology						
11	Philosophy						

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

\_\_\_\_\_

(Print)

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

1. Explain how you've disciplined yourself physically and mentally so far.  
(answer must be a minimum of 100 words)

2. Do you think Tae Kwon Do can contribute in developing our society? (if yes, please explain)