

Chang Lee's Tae Kwon Do

Blue Belt Applying for Black Stripe Sr.



(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 4						
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						
	Roundhouse Backswing - Roundhouse, Autobahn, Backswing						
	Axe 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						
	Hop Fwd, Step Fwd, Kick-Kick						
	Hop Bk, Step Bk, Kick-Kick						
6	One-Step Sparring						
7	Self Defense						

8	Free Sparring						
9	Breaking Axe Kick						
10	Terminology						
11	Philosophy						

Print)

Name: _____

1. Do you have enough patience to become a Black Belt?

2. What have you learned from your Master thus far? (techniques, customs, philosophy)

3. How have you used Tae Kwon Do to help your family?

4. How do you explain Tae Kwon Do to others?