

Chang Lee's Tae Kwon Do

Green Stripe Applying for Green 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 2						
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						

REQUIREMENTS (Continued)		A+	A	B	C	D	Comments
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	Free Sparring						
7	Self Defense						
8	No-Contact Sparring						
9	Breaking						
	Standing Jumping Side Kick						
10	Terminology						
11	Philosophy						

Notes: _____

