

Chang Lee's Tae Kwon Do

Yellow Stripe Applying for Yellow 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:						
	Basic 2						
4	Kicks						
	Front Stretch Kick						
	Front Snap Kick						
	Crescent Kick						
	Roundhouse Kick						
	Step Forward Side Kick						
	Step Behind Side Kick						
	Step Behind Front Swing Kick						
5	Footwork:						
	Hop Forward						
	Hop Back						
	Spin Three-Step						
	Hop-Hop Forward						
	Hop-Hop Back						
6	One-Step Sparring						

Notes: _____

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

Notes: _____

_____ (Print)

Name: _____

1. What part of your foot do you use in Front Snap Kick?

- A. Heel B. Instep or Ball of Foot C. Side of Foot D. Flat Foot

2. Why do you yell Tae Kwon Do?

- A. Concentration B. Fun C. Meditation

3. What part of your hand do you use in punching?

- A. Fingers B. Palm C. Knife Hand D. First Two Knuckles

4. What benefits have you received from Tae Kwon Do so far?

A. Physically –

B. Mentally –

C. Philosophically –

5. What are your long term goals in Tae Kwon Do?

6. What is your Master's full name?

7. Draw a line connecting the words on the left to the matching words on the right.

Attention

Bow

Ready Motion

Relax

Joon Bi

Charyut

Sho

Kyung Yea