

### THIRD KYU

NAME	DATE	SCORE
<b>LAST TESTING DATE</b>	<b>AGE</b>	
<b>GI TIED CORRECTLY</b>		
<b>ETIQUETTE</b>		
FRONT STANCE		
HI FORARM BL/REV PUNCH		
TWIN VERT PUNCH		
HI INWARD KNIFE HAND ST		
DBL PALM FIST BLOCK		
XBLOCK/REV PUNCH		
<b>BACK STANCE</b>		
DBL KNIFHAND B/REV PUNCH		
HI BACKFIST/LOW FOREARM BL		
SPINNING BACKFIST	-	
<b>CAT STANCE</b>		
KNEE STRIKE		
<b>FRONT KICKING</b>		
FRONT SNAP/AXE		
SIDE KICK		
<b>FIGHTING STANCE</b>		
RHOUSE-RIDGE H		
AXE KICK		
FLY ROUNDHOUSE KICK		
FR SNAP/SIDE K/RIDGEHAND		
DOUBLE REAR ROUND HOUSE		
OUTSIDE CRESC/SPIN BACK KICK		
OPT KICKING		
<b>KATA</b>		
KYE CHO HYUNG IL BOO		
CHUN-GI		
TANGUN		
TOSAN		
WONHYO		
YUL-KOK		
CHUNG GUN		
TOI GEI		
HWRANG DO		
SCORE PAGE 1		

<b>DRILLS</b>	
FOC-SPIN CRESC	
OPT FOCUS	
PWR-SPINNING WHEEL	
FREESTYLE CIRCLE	
TAKE DOWNS (3)	
LOCKS (3)	
<b>SELF DEFENSE</b>	
FULL NELSON	
STICK ATT OVERHEAD	
SIDE SWING	
SIDE SWING	
THRUST	
OPT ATTACK	
OPT ATTACK	
<b>SPARRING</b>	
2 ROUNDS 1 OPPONENT	
TOTAL PAGE TWO	