

## FIFTH KYU

NAME \_\_\_\_\_  
 LAST TESTING DATE \_\_\_\_\_  
 ETIQUETTE \_\_\_\_\_

DATE \_\_\_\_\_  
 AGE \_\_\_\_\_

	SCORE
<b>FRONT STANCE</b>	
IN BLOCK/REV P	
OUT BLOCK/REV P	
SINGLE KNIFE H BLOCK	
TWIN VERT PUNCH	
TWIN MID PUNCH	
INVERTED PUNCH	
<b>BACK STANCE</b>	
LUNGE PUNCH	
HI SPEARFINGER	
MIDDLE SPEARFINGER	
LOW SPEARFINGER	
TW KNIF HAND BL	
HOOK BLOCK	
<b>CAT STANCE</b>	
MIDREVKNIF	
PALMHEEL UPWARD STRIKE	
<b>FRONT KICKING POSITION</b>	
FR THRUST KICK	
INSIDE CRESC KICK	
AXE KICK	
BACK KICK	
<b>FIGHTING STANCE</b>	
HOOK KICK	
SKIP SIDE THRUST	
FRONT K-S KICK	
HOOK K-ROUND K	
SIDE-SPIN BACK	
WHEEL KICK	
<b>KATA</b>	
KYE CHO HYUNG IL BO	
CHUN-GI	
TANGUN	
TOSAN	
WON HYO	
YUL-KOK	

<b>DRILLS</b>	
FOCUS-S KICK	
PWR-J SIDE KICK	
FREESTYLE 3 STEP	
CIRCLE DRILL	
BREAK FALL 3	
TAKE DOWN 3	
<b>SELF DEFENSE</b>	
ROUNDHOUSE P	
LAPEL G/RHOUSE	
GROIN KICK	
ATT FR CHOKE	
FULL NELSON	
FR TACKLE	
OPT ATTACK	
<b>SPARRING 2-2 MINUTE</b>	

QUESTIONS

COMMENTS

**INSTRUCTOR NAME** \_\_\_\_\_