

SIXTH KYU

NAME _____ DATE _____
 LAST TESTING DATE _____ AGE _____
 ETIQUETTE _____

	SCORE
FRONTSTANCE	
LOW BLOCK REV PUNCH	
HIGH BLOCK/REV PUNCH	
VERTICAL PUNCH	
SPEAR THRUST	
CIRCLE BLOCK	
BACK STANCE	
PALM HEEL STRIKE	
RIDGEHAND STRIKE	
CATSTANCE	
MID KNIFEHAND BLOCK	
MID PALM BLOCK	
FRONT KICKING	
FRONT SNAP KICK	
FRONT THRUST KICK	
DBL FRONT SNAP KICK	
INSIDE CRESC KICK	
OUTSIDE CRESC KICK	
SIDE KICKING	
LL SIDE THRUST K	
RL SIDE THRUST K	
FIGHTING	
LL ROUNDHOUSE	
RL ROUNDHOUSE	
SPIN BACK KICK	
HOOK KICK	
FRONT K-ROUNDHOUSE	
SIDE KICK ROUNDHOUSE KICK	
KATA	
KYE CHO HYUNG IL BOO	
CHUN-GI	
TANGUN	
TOSAN	
WON HYO	
DRILLS	
FOCUS- ROUNDHOUSE KICK	
POWER - SIDE KICK	
FREESTYLE 3 STEP	
BREAK FALL 3	
TAKE DOWN 2	

SELF DEFENSE	
BEAR HUG (WAIST)	
BEAR HUG (ARMS FREE)	
HEAD LOCK REAR	
HEAD LOCK FRONT	
HAIR PULL FRONT	
HAIR PULL REAR	
OPT. ATTACK	
SPARRING 2-2 MINUTE	