

SEVENTH KYU

NAME _____

DATE _____

LAST TESTING DATE _____

AGE _____

GI TIED CORRECTLY _____

ETIQUETTE _____

	SCORE
FRONT STANCE	
LOW PALM BLOCK	
MIDDLE PUNCH	
LOW X BLOCK	
HIGH X BLOCK	
OUTSIDE BLOCK	
DOUBLE ARM BLOCK	
ASCENDING ELBOW STRIKE	
DESCENDING ELBOW STRIKE	
WEDGE BLOCK	
HI FOREARM BLOCK	
SPEAR THRUST	
BACK STANCE	
DOUBLE KNIFEHAND BLOCK	
IN KNIFEHAND ST	
MID DOUBLE ARM BLOCK	
RISING DOUBLE ARM BLOCK	
BCKFIST-REV P	
CAT STANCE	
HAMMER FIST STRIKE	
BOTTOM FIST STRIKE	
FRONT KICKING POSITION	
FRONTSNAP KICK	
SNAP INSIDE CRESCENT	
SNAP OUTSIDE CRESCENT	
SKIPPING FRONT SNAP KICK	
BACK KICK	
SIDE KICKING POSITION	
REAR LEG SIDE THRUST KICK	
FIGHTING STANCE	
RL ROUNDHOUSE	
SPINNING BACK KICK	
KATA	
KYE CHO HYUNG IL BOO	
CHUN-GI	
TANGUN	
TOSAN	
DRILLS	
1 STEP FREESTYLE COUNTER	
FOCUS- FRONT SNAP K	
PWR-S THRUST K	
BREAKFALLS (3)	
TAKE DOWN (1)	

SELF DEFENSE	
SINGLE HAND FR CHOKE	
2 HND FR CHOKE	
1 ARM REAR CHOKE	
2 ARM REAR CHOKE	
ARM BAR	
SPARRING 1-2 MINUTE	
QUESTIONS	

COMMENTS

SCORE

INSTRUCTOR NAME