

EIGHTH KYU

NAME _____

DATE

LAST TESTING DATE _____

AGE

GI TIED CORRECTLY _____

ETIQUETTE _____

SCORE

FRONT STANCE	
REVERSE PUNCH	
HIGH BLOCK	
VERTICAL PUNCH*	
HIGH OPEN HAND B	
RIDGE HAND STRIKE	
OUTSIDE BLOCK	
DBL ARM STRIKE	
BACK STANCE	
LOW BLOCK	
INSIDE BLOCK	
INSIDE KNIFEHAND STRIKE	
REVERSE PUNCH	
CAT STANCE	
DBL KNIFEHAND BLOCK	
OUT KNIFEHAND STRIKE	
FRONT KICKING	
FRONT THRUST KICK	
FRONT SNAP KICK	
OUTSIDE CRESCENT KICK	
AXE KICK*	
BACK KICK	
SIDE KICKING	
SIDE THRUST KICK	
FIGHTING	
ROUNDHOUSE KICK	
KATA	
KYE CHO HYUNG IL BOO	
CHUN-GI	
DRILLS	
3-STEP COUNTER CLASSICAL	
FOCUS-F PUNCH	
PWR-F THRUST KICK	
BREAK FALLS FROM TAKE DOWN	
SELF DEFENSE	
SINGLE WRIST GRAB	
DBL WRIST GRAB	
OPP WRIST GRAB	
S AND D LAPEL GRAB	
SPARRING (1- 1 minute)	

QUESTIONS

SCORE

INSTRUCTOR NAME