

NINTH KYU

NAME _____

DATE

LAST TESTING DATE _____

AGE

GI TIED CORRECTLY _____

ETIQUETTE _____

	SCORE
FRONT	
LOW BLOCK	
HIGH BLOCK	
MIDDLE PUNCH	
REVERSE PUNCH	
PALM HEEL *	
OUTSIDE BLOCK*	

BACK STANCE

INSIDE BLOCK	
IN KNIFE HAND ST	
BACKFIST STRIKE	
REVERSE PUNCH	

CAT STANCE

SINGLE KNIFEHAND BLOCK	
DOUBLE KNIFEHAND B LOCK	
FRONT KICKING POSITION	
FRONT STRAIGHT KICK	
FRONT SNAP KICK	
FRONT THRUST KICK	
INSIDE CRESCENT KICK	
BACK KICK	

SIDE KICKING POSITION

LL SIDE THRUST K	
LL ROUNDHOUSE	

KATA

KYE CHO HYUNG IL BOO	
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SELF DEFENSE

WRIST GRAB	
BEAR HUG	
ONE STEP COUNTER ATTACK CLASSICAL	
KNEE BLITZ	
BREAK FALLS	
QUESTIONS	
COMMENTS	

SCORE

INSTRUCTOR NAME