

**FIRST KYU TESTING SHEET**

NAME \_\_\_\_\_

DATE \_\_\_\_\_

Basic Combinations:

**HANDS**

- \_\_\_\_\_ #1
- \_\_\_\_\_ #2
- \_\_\_\_\_ #3
- \_\_\_\_\_ #4
- \_\_\_\_\_ #5

Basic Combinations: **FEET**

- \_\_\_\_\_ #1
- \_\_\_\_\_ #2
- \_\_\_\_\_ #3
- \_\_\_\_\_ #4
- \_\_\_\_\_ #5

Combinations:

**HANDS & FEET**

- \_\_\_\_\_ #1
- \_\_\_\_\_ #2
- \_\_\_\_\_ #3
- \_\_\_\_\_ #4
- \_\_\_\_\_ #5

Forms Performance: **KATA**

- \_\_\_\_\_ Kye Cho Hyung Il Bo
- \_\_\_\_\_ Chun Gi
- \_\_\_\_\_ TanGun
- \_\_\_\_\_ Tosan
- \_\_\_\_\_ Wan Hyo
- \_\_\_\_\_ Yul Kok
- \_\_\_\_\_ Chung Gun
- \_\_\_\_\_ Toi Gei
- \_\_\_\_\_ Hwarang
- \_\_\_\_\_ Chung Mu
- \_\_\_\_\_ Bassai

Self-Defense: **UNARMED**

- \_\_\_\_\_ #1
- \_\_\_\_\_ #2
- \_\_\_\_\_ #3
- \_\_\_\_\_ #4

Self-Defense: Against **WEAPONS**

- \_\_\_\_\_ #1
- \_\_\_\_\_ #2
- \_\_\_\_\_ #3

Using Weapons

- \_\_\_\_\_ #1
- \_\_\_\_\_ #2

Locks:

- \_\_\_\_\_ #1
- \_\_\_\_\_ #2
- \_\_\_\_\_ #3
- \_\_\_\_\_ #4

Take Downs

- \_\_\_\_\_ #1
- \_\_\_\_\_ #2
- \_\_\_\_\_ #3
- \_\_\_\_\_ #4

Drills

- \_\_\_\_\_ Chain Tiger
- \_\_\_\_\_ Focus Drill (Optional)
- \_\_\_\_\_ Power Drill (Optional)
- \_\_\_\_\_ Campos 1 Step

Bonus Score: **SPECIALTY**

\_\_\_\_\_ Score

Sparring: **KUMITE** (2 MIN)

- \_\_\_\_\_ ROUND #1
- \_\_\_\_\_ ROUND #2
- \_\_\_\_\_ ROUND 2 (person )

Power Striking: **PAD/BAG**

\_\_\_\_\_ ROUND #1 (1 MIN)

**Fitness/Attitude/Preparation**

\_\_\_\_\_ Score

**TOTAL SCORE**

- **SPARRING**: DEMONSTRATE COMBINATIONS, STRATEGY, CONTROL, ENERGY, SKILL.

- **SPECIALTY AREA**: OPTIONAL DEMO. OF DIFF. ART, BREAKING, COMPET.FORM, MUSICAL FORM, ETC. BONUS POINTS AREA.

**FITNESS/ATTIT/PREP**: CAND. DEMONSTRATES MENTAL & PHYSICAL DETERMINATION.

**SCORING**

**0 - POOR**: DOES NOT KNOW MATERIAL, NO INTENSITY, WEAK FOCUS/POWER, LACKS TECHNIQUE

**1 - FAIR**: KNOWS MATERIAL BUT LACKS TECHNIQUE, PRECISION, FOCUS, INTENSITY, SPEED/POWER

**2 - GOOD**: DEMONSTRATES INTENSITY, FOCUS, TECHNIQUE, SPEED, POWER. IS ABLE TO ANTICIPATE & DEAL WITH THE UNEXPECTED. STRONG & CONSISTENT PERFORMANCE

**3 - EXCEL**: EXTRAORDINARY TECHNICAL AND PHYSICAL ABILITY & PERFORMANCE.

**MINIMUM PASSING SCORE 52**

Black Belt:

Comments: