

SECOND KYU TESTING SHEET

NAME _____

DATE _____

Basic Combinations:

HANDS

- _____ #1
- _____ #2
- _____ #3
- _____ #4
- _____ #5
- _____ #6 Optional

Basic Combinations: **FEET**

- _____ #1
- _____ #2
- _____ #3
- _____ #4
- _____ #5
- _____ #6 Optional

Combinations: **HANDS & FEET**

- _____ #1
- _____ #2
- _____ #3
- _____ #4
- _____ #5
- _____ #6 Optional

Forms Performance: **KATA**

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

** Designate Bunduki

Self-Defense: **UNARMED**

- _____ #1
- _____ #2
- _____ #3

Self-Defense:

Against **WEAPONS**

- _____ #1
- _____ #2

Using Weapons

- _____ #1
- _____ #2

Locks/Controls:

- _____ #1
- _____ #2
- _____ #3

Take Downs

- _____ #1
- _____ #2
- _____ #3

Drills

- _____ Hands Tied
- _____ Chair Defense
- _____ Focus Drill Hook Round comb (Optional)
- _____ Power Drill (Optional)

Bonus Score: **SPECIALTY**

- _____ Score
- _____ FITNESS
- _____ ATTITUDE
- _____ PREPERATION

Sparring: **KUMITE** (2 MIN)

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

_____ 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 100

Black Belt:
Comments: