

Family Martial Arts Center

Student _____

Age _____ Student Number _____

**I.D. Size Photo
REQUIRED**

**Test form, fee and
picture are due one
week before your test.**

ADULT BLUE BELT

Number	Description of Technique	Score
1	Outside Block, Spinning Back Knuckle, Hook Punch – Bakka Makki, Di Ekwon, Doleyo Chiggi	
2	Double Cross HighBlock, Side Kick, Back Knuckle, Middle Punch – Du Pal Mok Ulgool Makki, Yup Chuggi, Ekwon, Momtong Chiggi	
3	Low Back Thrust Kick, Tumble Back – Arae Di Chuggi, Di Nak Bup	
4	Low Back Hook Kick, Low Front Snap Kick, Tumble Back – Arae Di Wholeggi, Arae Up Chuggi, Di Nak Bup	
5	Form 4 – Poomsae Taegeuk Sah Jang	
6	Dive Tumbling – Over 1 Obstacle – Nak Bup	
7	Kicking Drill (Hopping Front Kicks) – Edan Up Chuggi	
8	Jumping Skills (Jump over belt-high staff) – Edan	
9	Self Defense 5 – Ho Shin Sul – <i>Opposite Side Wrist Grab</i>	
10	One Step Punch Sparring 5 – Ilbo Son Kyurugi	
11	Medium-contact Free Sparring – Kyuroogi	
12	Breaking – Kyuk Pa (Side Knife 2 Boards - Men – Women: 1 Board - Yup Son Nal)	
13	Physical Skills – 12 Pushups, 25 Rowing Exercises	
14	Questions	
15	Discipline – Poom Hyung	
16		

Please return your test form within one week.

Examiner: _____ **Result:** _____ **Date:** _____