

# 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 GREEN BELT

Number	Description of Technique	Score
1	Double Cross Outside Block, Front Thrust Kick, Palm Strike – Du Pal Mok Bakka Makki, Up Buda Chuggi, Batan Son Chirugi	
2	High Knife Block/Knife Hand Neck Attack, Front Thrust Kick, Middle Punch – Ulgool Son Nal Makki/Son Nal Mok Chiggi, Up Buda Chuggi, Momtong Chiggi	
3	Jumping Front Snap Kick, Palm Strike – Edan Up Chuggi, Batan Son Chirugi	
4	Jumping Roundhouse Kick, Back Knuckle, Ridge Hand – Edan Doleyo Chuggi, Ekwon, Bondae Son Nal	
5	Form 3 – Poomsae Taegeuk Sahm Jang	
6	Dive Tumbling – Over 1 Obstacle – Nak Bup	
7	Balance Skills (Jumping Kicks/Alternate Legs) – Edan Chuggi	
8	Punching Skills (Triple Punch – High, Middle, Low) – Chiggi	
9	Self Defense 4– Ho Shin Sul – <i>Rear Hair Grab</i>	
10	One Step Punch Sparring 4 – Ilbo Son Kyurugi	
11	Light-contact Free Sparring – Kyuroogi	
12	Breaking – Kyuk Pa (Front Elbow – Up Pal Kup)	
13	Physical Skills – 10 Pushups, 20 Rowing Exercises	
14	Questions	
15	Discipline – Poom Hyung	
16		

Please return your test form within one week.

Examiner: \_\_\_\_\_ Result: \_\_\_\_\_ Date: \_\_\_\_\_