

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 ORANGE BELT

Number	Description of Technique	Score
1	Middle Knife Block, Front Snap Kick, Middle Punch – Momtong Son Nal Makki, Up Chuggi, Momtong Chiggi	
2	Outside Block, Middle Punch – Bakka Makki, Momtong Chiggi	
3	Side Kick, Back Knuckle, Middle Punch – Yup Chuggi, Ekwon, Momtong Chiggi	
4	Inside Kick/Outside Kick, Middle Punch – Ahn Chuggi/Bakka Chuggi, Dubon Momtong Chiggi	
5	Form 2 – Poomsae Taegeuk Ee Jang	
6	Tumbling – Aikido Roll Both Sides – Nak Bup	
7	Falling Skills (Fall forward from standing position) – Nak Bup	
8	Kicking Skills (Front Leg Front Snap Kick 25 times) – Up Bal Up Chuggi	
9	Self Defense 3 – Ho Shin Sul – <i>Rear Throat Grab</i>	
10	One Step Punch Sparring 3 – Ilbo Son Kyurugi	
11	Non-contact Free Sparring – Kyuroogi	
12	Breaking – Kyuk Pa (Middle Punch – Momtong Chiggi)	
13	Physical Skills – 7 Pushups, 15 Rowing Exercises	
14	Questions	
15	Discipline – Poom Hyung	
16		

Please return your test form within one week.

Examiner: _____ Result: _____ Date: _____