

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 RED BELT

Number Description of Technique Score

| | | |
|----|--|--|
| 1 | Turn 180 – Double Cross Outside Block, High Front Kick/Spear Hand, Spinning Back Hammer Fist, Middle Punch (Du Pal Mok Bakka Makki, Ulgool Up Chuggi/Gwansoo Chiggi, Di Chu Mok, Momtong Chiggi) | |
| 2 | Palm Strike/Back Tumble, Jumping Outside Kick, Low Roundhouse Kick, Tumble Back, Turn/Punch (Batan Son Chiggi, Di Nak Bup, Edan Bakka Chuggi, Arae Doleyo Chuggi, Di Nak Bup, Momtong Chiggi) | |
| 3 | Front Kick, Side Kick, Roundhouse Kick, Back Hook Kick, Front RibPunch, Low Block, Front Elbow (Up Chuggi, Yup Chuggi, Doleyo Chuggi, Di Wholeggi, Up Chu Mok, Arae Makki, Up Pal Kup Chiggi) | |
| 4 | Form 7 – (Poomsae Taegeuk Chil Jang) | |
| 5 | Dive Tumbling – (Nak Bup) Men – Waist High Women – Knee High | |
| 6 | Speed Tumbling | |
| 7 | Kicking Skills (180 Edan Up Chuggi 5 times each side fast.) | |
| 8 | Self Defense 8 – (Ho Shin Sul) Plus Creation vs. Headlock | |
| 9 | One Step Punch Sparring 8 – Ilbo Son Kyurugi | |
| 10 | One Step Kick Sparring 3 – Ilbo Bal Kyurugi | |
| 11 | 2-on-1 Free Sparring - Kyurugi | |
| 12 | Breaking – Kyuk Pa (Spinning Back Fist, Axe Kick, Front Thrust Kick) | |
| 13 | Physical Skills – 20 Pushups, 40 Rowing Exercises | |
| 14 | Questions | |
| 15 | Essay – How My Life has Improved through Martial Arts Training – (1 page typed – bound in a cover) | |
| 16 | | |

Please return your test form within one week.

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