

# 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 YELLOW BELT

Number	Description of Technique	Score
1	Low Block, Middle Punch – Arae Makki, Momtong Chiggi	
2	Inside Block, Back Knuckle, Middle Punch – Ahn Makki, Ekwon, Momtong Chiggi	
3	Outside Crescent Kick, Middle Punch – Bakka Chuggi, Momtong Chiggi	
4	Inside Crescent Kick, Elbow Strike, Side Knife – Ahn Chuggi, Pal Kup Chiggi, Yup Son Nal	
5	Roundhouse Kick, Side Elbow – Doleyo Chuggi, Yup Pal Kup	
6	Form 1 – Poomsae Taegeuk Il Jang	
7	Tumbling – Left Side Aikido Roll – Nak Bup	
8	Falling Skills (Fall forward from kneeling position) – Nak Bup	
9	Balance Skills (Jumping kicks/alternate legs) – Edan Chuggi	
10	Self Defense 2 – Ho Shin Sul – <i>Front Hair Grab</i>	
11	One Step Punch Sparring 2 – Ilbo Son Kyurugi	
12	Non-contact Free Sparring – Kyuroogi	
13	Breaking – Kyuk Pa (Side Knife – Yup Son Nal)	
14	Physical Skills – 5 Pushups, 10 Rowing Exercises	
15	Questions	
16	Discipline – Poom Hyung	

Please return your test form within one week.

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