

Family Martial Arts Center

Student _____

Age _____ Student Number _____

ALL AGES - 1ST DAN AUTUMN I

**I.D. Size Photo
REQUIRED**

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

Num	Description of Technique	Grade
1	Step Back/Inside Block, Flying Side Kick, Back Outside Kick, High Punch/Low Punch - Ahn Makki, Edan Yup Chuggi, Di Bakka Chuggi, Ulgool Chiggi/Arae Chiggi	
2	Japanese Form 7 - (Kata Heian Yo Dan)	
3	Korean Form 7 – (Poomsae Taegeuk Chil Jang)	
4	Dive Tumbling - (1 Person Solar Plexus High, 6 Persons Low) - Nak Bup	
5	Review Color Belt Kick Sparring 1-3 (Ilbo Bal Kyurugi)	
6	Breaking - (Ridge Hand Speed, Side Kick, Back Hook Kick, Low Back Hook Kick, + 1 Elective Break _____)	
7	Free Sparring - (2 on 1)	
8	Terminology - (First 60 Japanese and Korean Terms in Manual)	

Additional Assessment Items	
Discipline	
Terminology – 60 words	
Physical Skills – 40 P, 80 R	
Essay – Self Control	

Comments:

Please return your test form within one week.

Examiner: _____

Result: _____ Date: _____