

Family Martial Arts Center

Student _____

Age _____ Student Number _____

ALL AGES - 1ST DAN AUTUMN II

**I.D. Size Photo
REQUIRED**

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

Num	Description of Technique	Grade
1	From Chunbee - Jump back into Fighting Stance/KIHAP, Reverse Palm/Scissor Block, Inside Kick, Tornado Kick, Low Back Hook Kick, Low Hammer Fist - Bondae Batan Son Gawee Makki, Ahn Chuggi, Tae Poon Chuggi, Arae Di Wholeggi, Arae Chu Mok	
2	Japanese Form 8 - (Kata Heian Go Dan)	
3	Korean Form 8 – (Poomsae Taegeuk Pal Jang)	
4	Self Defense 15, 16 - Ho Shin Sul	
5	Instant Creation Self Defense	
6	One Step Punch Sparring 13 (Ilbo Son Kyurugi)	
7	One Step Sparring Using Staff 3,4 (Ilbo Son Kyurugi)	
8	Grappling - (Back Press and Back to Back)	

Additional Assessment Items	
Discipline	
Terminology – 72 Words	
Meaning of Autumn	
Essay – Indomitable Spirit	

Comments:

Please return your test form within one week.

Examiner: _____

Result: _____ Date: _____