

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.

ALL AGES 3rd DAN BLACK BELT

Number	Description of Technique	Score
1	Creation Form – (30 Moves) Poomsae	
2	Creation Kicking Combination – (8 Moves) Chuggi	
3	Black Belt Taekwondo Form 3 – Poomsae Tae Baek	
4	Black Belt Karate Form 1,2 – Kata Tekki Sho Dan, Ni Dan	
5	Dive Tumbling – Men: 3 Obstacles Solar Plexus Level, 7 Obstacles Low – Women: 2 Obstacles Low – Nak Bup	
6	Vital Spot Attacks (5 Spots Side of Face)	
7	Aikido 1-13 Review - Gekihajutsu	
8	Self Defense (Instant Creation 1 Minute) – Ho Shin Sul	
9	Self Defense vs. Gun (Create 2 Techniques) – Ho Shin Sul	
10	One Step Punch Sparring 1-13 Review - Ilbo Son Kyurugi	
11	Full-contact Free Sparring: 2 on 1– Kyuroogi	
12	Grappling – Back to Back and Back Press Position with Submission Holds	
13	Breaking – Kyuk Pa – Spear Hand – Gwansoo Jiroogi	
14	Questions/Terminology (96 terms in Korean and Japanese)	
15	Teaching	
16	Essay – The History of Aikido – 1 page typed, bound in a cover Autobiography – 1 page typed, bound in a cover	

Please return your test form within one week.

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