

# Family Martial Arts Center

Student \_\_\_\_\_

Age \_\_\_\_\_ Student Number \_\_\_\_\_

## CHILDREN BROWN STRIPE

**I.D. Size Photo  
REQUIRED**

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

Num	Description of Technique	Grade
1	<b>Balance Skills</b> (While turning in a circle)	
2	<b>Turn -Low Block, Middle Punch</b> (Arae Makki/Momtong Chiggi)	
3	<b>Low Block, then 3 times Front Kick, Middle Punch</b> (Arae Makki, 3X Up Chuggi, Momtong Chiggi)	
4	<b>One Step Kick Sparring 1</b> (Ilbo Bal Kyurugi)	
5	<b>Grappling -</b> (Back Press Position)	
6	<b>Breaking - Middle Punch, Jumping Middle Front Kick</b> (Kyuk Pa)	
7	<b>Kicking Skills - Front Leg Roundhouse Kick 30 times each leg FAST</b> (Up Bal Doleyo Chuggi)	
8	<b>Essay - <i>The Meaning and Importance of Self Discipline and Self Control</i> - ½ typewritten page, bound in a cover. AGES 10 AND UP ONLY</b>	

Additional Assessment Items	
Discipline	
Effort	
Physical Skills 15 P, 30 R	
Endurance	

**Comments:**

Please return your test form within one week.

**Examiner:** \_\_\_\_\_

**Result:** \_\_\_\_\_ **Date:** \_\_\_\_\_