

Family Martial Arts Center

Student _____

Age _____ Student Number _____

CHILDREN RED STRIPE

**I.D. Size Photo
REQUIRED**

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

Num	Description of Technique	Grade
1	Kicking Skills - 5 times each side - fast (180 Edan Up Chuggi)	
2	Front Kick, Side Kick, Roundhouse Kick, Back Hook, Rib Punch, Low Block, Elbow Strike (Up Chuggi, Yup Chuggi, Doleyo Chuggi, Di Wholeggi, Up Chu Mok, Arae Makki, Pal Kup Chiggi)	
3	Palm Strike, Back Tumble, Jumping Outside Kick, Low Roundhouse Kick, Tumble Back, Middle Punch (Batan Son Chiggi, Di Nak Bup, Edan Bakka Chuggi, Arae Doleyo Chuggi, Di Nak Bup, Momtong Chiggi)	
4	Form 1 (Poomsae Tae Geuk Il Jang moves 7-12)	
5	One Step Kick Sparring 3 - (Ilbo Bal Kyurugi)	
6	Grappling - (Back Press Position with Submission Holds)	
7	Breaking - Spinning Back Fist, Axe Kick (Kyuk Pa)	
8	Essay - "How My Life Has Improved Through Training" 1 full page typewritten, bound in a cover. <i>AGE 9 AND UP ONLY</i>	

Additional Assessment Items	
Discipline	
Effort	
Physical Skills (20 P, 40 R)	
Endurance	

Comments:

Please return your test form within one week.

Examiner: _____

Result: _____ Date: _____