

Family Martial Arts Center

Student _____

Age _____ Student Number _____

CHILDREN WHITE BELT

**I.D. Size Photo
REQUIRED**

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

Num	Description of Technique	Grade
1	Three Basic Hand Techniques - Punch, Knife, Elbow (Momtong Chiggi, Son Nal Mok Chiggi, Di Pal Kup Chiggi)	
2	Kicking Techniques - Outside Crescent Kick (Bakka Chuggi), Inside Crescent Kick (Ahn Chuggi)	
3	Backward Falling Skills - From sitting position (Nak Bup)	
4	Aikido Rolls - Right Side (Nak Bup)	
5	Jumping Skills - Ten times over kneeling partner	
6	Self Defense 1 - Same Side Wrist Grab (Ho Shin Sul)	
7	Animal Training - Bear walk, rabbit hop, crab walk	
8	Breaking - Hammer Fist (Mae Chu Mok Kyuk Pa)	

Additional Assessment Items	
Discipline	
Effort	
Physical Skills (5 dead dogs)	
Endurance	

Comments:

Please return your test form within one week.

Examiner: _____

Result: _____ **Date:** _____