

Family Martial Arts Center

Student _____

Age _____ Student Number _____

ALL AGES - 1ST DAN SPRING I

**I.D. Size Photo
REQUIRED**

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

Num	Description of Technique	Grade
1	Creation Kicking Technique - (4 Moves)	
2	Jumping Side Kick, Jumping Back Thrust Kick, Back Knuckle, Tumble Back, Low Back Hook Kick - Edan Yup Chuggi, Edan Di Chuggi, Ekwon, Di Nak Bup, Arae Di Wholeggi	
3	Japanese Forms 1,2,3 - (Kata Taekyoku Sho Dan, Nidan, San Dan)	
4	Review Korean Forms 1,2,3 – (Poomsae TaeGeuk Il, Ee, Sahm Jang)	
5	Kicking Skills - (Front, Back, Side - 5 times each side)	
6	Free Sparring: 2 on 1 - (Kyurugi)	
7	Review Color Belt Punch Sparring 1-10 - (Ilbo Son Kyurugi)	
8	Terminology - (First 12 Japanese and Korean Words in Manual)	

Additional Assessment Items	
Discipline	
Terminology – 12 Words	
Physical Skills (30 P, 60 R)	
Essay - Courtesy	

Comments:

Please return your test form within one week.

Examiner: _____

Result: _____ Date: _____