

Family Martial Arts Center

Student _____

Age _____ Student Number _____

ALL AGES - 1ST DAN SPRING II

**I.D. Size Photo
REQUIRED**

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

Num	Description of Technique	Grade
1	Slide Back/Inside Block, Jumping Back Hook Kick, Tiger Mouth, High Front Snap Kick, Tiger Mouth to Knee - Ahn Makki, Edan Di Wholeggi, Agum Son Chiggi, Ulgool Up Chuggi, Agum Son-Morroop Jiroogi	
2	Japanese Form 4 - (Kata Heian Sho Dan)	
3	Korean Form 4 – (Poomsae Taegeuk Sah Jang)	
4	Self Defense 11,12 - (Ho Shin Sul)	
5	One Step Punch Sparring 11 - (Ilbo Son Kyurugi)	
6	One Step Nunchuk Sparring 1,2 - (Ilbo Nunchuk Kyurugi)	
7	Grappling - (Back Press Position and/or Back to Back)	
8	Breaking - (Spinning Back Knuckle, Front Thrust Kick, Back Thrust Kick, Self-held Knee Break, + 1 Elective _____)	

Additional Assessment Items	
Discipline	
Terminology – 24 Words	
Meaning of Spring	
Essay - Humility	

Comments:

Staple Humility Essay to Form
Please return your test form within one week.

Examiner: _____

Result: _____ Date: _____