

# Family Martial Arts Center

Student \_\_\_\_\_

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

## ALL AGES - 1ST DAN SUMMER 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 - (6 Moves)	
2	Japanese Form 5 - (Kata Heian Nidan)	
3	Korean Form 5 – (Poomsae Taegeuk Oh Jang)	
4	Dive Tumbling (3 Persons Waist High, 6 Persons Low - (Nak Bup)	
5	Breaking - Self-Held Inside Knife, Roundhouse Kick, Jumping Back Thrust Kick, Tumble/Low Side Kick, + 1 Elective Break _____ (Kyuk Pa)	
6	Free Sparring: 2 on 1 - (Kyurugi)	
7	Review Color Belt Self Defense 1-10 - (Ho Shin Sul)	
8	Essay: Describe Your Master-Student Relationship - 1 Page, typewritten, bound in a cover.	

Additional Assessment Items	
Discipline	
Terminology – 36 Words	
Physical Skills (35 P, 70 R)	
Essay - Integrity	

Comments:

Please return your test form within one week.

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

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