

Family Martial Arts Center

Student _____

Age _____ Student Number _____

ALL AGES - 1ST DAN WINTER I

**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/Low Palm Block, 360 Back Thrust Kick, Jumping Reverse Roundhouse Kick, Low Back Hook Kick, Ridge hand - Arae Batan Son Makki, 360 Di Chuggi, Edan Bondae Doleyo Chuggi, Arae Di Wholeggi, Bondae Son Nal	
2	Creation Kicking Technique - (8 Moves)	
3	Japanese Kata Review - (Kata 1-4)	
4	Korean Poomsae Review - (Poomsae 1-4)	
5	Korean 1st Dan Form - (Poomsae Koryo)	
6	Breaking - (Back of Wrist, Jumping Back Hook Kick Speed, Jumping Knee, Jumping Axe Kick, + 2 Elective Breaks _____)	
7	Free Sparring - (2 on 1)	
8	Balance Skills - (Jumping kicks, eyes closed)	

Additional Assessment Items	
Discipline	
Terminology – 84 Words	
Physical Skills (45P, 90R)	
Essay - Character	

Comments:

Please return your test form within one week.

Examiner: _____

Result: _____ Date: _____