

Family Martial Arts Center

Student _____

Age _____ Student Number _____

ALL AGES - 1ST DAN WINTER II

**I.D. Size Photo
REQUIRED**

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

Num	Description of Technique	Grade
1	CHUNBEE POSITION - Jump/Turn 180 deg. KIHAP, Low/High Roundhouse, 360 Roundhouse, Low Back Hook, Low Front Kick, Tumble Back - See Manual for Translation.	
2	Japanese Kata Review - (Kata 5-8)	
3	Korean Poomsae Review - (Poomsae 5-8)	
4	Japanese 1 st Dan Form - (Kata Basai Dai)	
5	Self Defense 17,18 - Ho Shin Sul	
6	Self Defense vs. Gun 1,2 - Ho Shin Sul	
7	Self Defense vs. Knife Creation (2 techniques) - Ho Shin Sul	
8	One Step Punch Sparring 14 - Ilbo Son Kyurigi	

Additional Assessment Items	
Discipline	
Terminology – 96 Words	
Meaning of Winter	
Essay - Loyalty	

Comments:

Please return your test form within one week.

Examiner: _____

Result: _____ Date: _____