

RANK: WHITE W/ STRIPE BELT PROMOTION SHEET



Date: _____ Student Name: _____

Address: _____

Age: _____ Gender: _____ Belt Size: _____

Student Signature (Parent/Guardian if Under 18): _____

Instructor Signature: _____

REQUIREMENTS	GRADE			REQUIREMENTS	GRADE		
<i>U = Unsatisfactory S = Satisfactory E = Excellent</i>							
Kicks							
Crescent (in/out)	U	S	E	Round	U	S	E
Crescent (out/in)	U	S	E	Step Side	U	S	E
Front	U	S	E				
Form [Basic Form 1]							
Stances	U	S	E	Strikes	U	S	E
Blocks	U	S	E	Tempo	U	S	E
Power	U	S	E	Performed Correctly	U	S	E
Target Kicks							
Round Kick	U	S	E	Step Side Kick	U	S	E
Sparring							
No Contact					U	S	E
Breaking							
Step Side Kick – 1 board (12yr+) / 1 board (≤11yr)					U	S	E
Attitude & Knowledge				Fitness			
Terminology	U	S	E	Strength (10 push-ups / 20 leg lifts)	U	S	E
Discipline	U	S	E	Endurance	U	S	E
Attitude	U	S	E	Flexibility (center splits; 10 sec)	U	S	E
Kihap	U	S	E				

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Comment(s):

PASS_____

FAIL_____

Examiner's Initials:_____

TERMINOLOGY	
<i>Count to 10 in Korean</i>	<ol style="list-style-type: none"> 1. Hanna (ha-na) 2. Dul (dool) 3. Set (set) 4. Net (net) 5. Dasot (da-set) 6. Yasot (ya-set) 7. Elgob (il-gup) 8. Yadol (yo-dole) 9. Ahop (a-hop) 10. Yol (yole)
<i>5 Tenets of Tae Kwon Do</i>	<ol style="list-style-type: none"> 1. Courtesy 2. Integrity 3. Perseverance 4. Self-Control 5. Indomitable Spirit