

RANK: GREEN 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 | Back Kick | U | S | E |
| Crescent (out/in) | U | S | E | Axe Kick | U | S | E |
| Front | U | S | E | Rear Leg Side | U | S | E |
| Round | U | S | E | Double Kicks | U | S | E |
| Step Side | U | S | E | Jump Back | U | S | E |
| Jump Front | U | S | E | Jump Axe | U | S | E |
| Skip Round | U | S | E | Skip Hook | U | S | E |
| Skip Side | U | S | E | 2-kick Combinations | U | S | E |
| Step Hook | U | S | E | 3-kick Combinations | U | S | E |
| Form [Tae-geuk Sam-Jang (3)] | | | | | | | |
| Stances | U | S | E | Strikes | U | S | E |
| Blocks | U | S | E | Tempo | U | S | E |
| Kicks | U | S | E | Performed Correctly | U | S | E |
| Power | U | S | E | | | | |
| Forms [Previous] | | | | | | | |
| Stances | U | S | E | Strikes | U | S | E |
| Blocks | U | S | E | Tempo | U | S | E |
| Kicks | U | S | E | Performed Correctly | U | S | E |
| Power | U | S | E | | | | |

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|--|-------|---|---|---------------------------------------|-------|---|---|
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| Target Kicks | | | | | | | |
| Jump Axe | U | S | E | Jump Back | U | S | E |
| Sparring | | | | | | | |
| No Contact | | | | | U | S | E |
| Breaking | | | | | | | |
| Jump Back – 1 board (12yr+) / 1 board (≤11yr) | | | | | U | S | E |
| Front Kick – 1 board (12yr+) / 1 board (≤11yr) | | | | | U | S | E |
| Elbow – 1 board (12yr+) / 1 board (≤11yr) | | | | | U | S | E |
| Attitude & Knowledge | | | | Fitness | | | |
| Terminology | U | S | E | Strength (25 push-ups / 40 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 | | | | |

Comment(s):

PASS_____

FAIL_____

Examiner's Initials:_____

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| TERMINOLOGY | |
|-------------------------|---|
| Count to 10 in Korean | <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) |
| 5 Tenets of Tae Kwon Do | <ol style="list-style-type: none"> 1. Courtesy 2. Integrity 3. Perseverance 4. Self-Control 5. Indomitable Spirit |

| | Term | Meaning | Term | Meaning |
|--------------------|------------------|---------------|------------------|-------------------|
| Class Terms | Ch'a-ryot | Attention | Chah-gi | Kicks |
| | Ba-ro | Back to ready | Kwang Chang-nim | Master Instructor |
| | Kyong-nae | Bow | Joon-bi | Ready position |
| | Kyukpa | Breaking | Gyroogi | Sparring |
| | Kuk-ki-kae-ha-yo | Face the flag | Kam-sa Ham-ni-da | Thank you, sir |
| | Poomsae | Forms | Ki-hap | Yell |
| | Sabom-nim | Instructor | | |