

# RANK: RED

## 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>							
<b>Kicks</b>							
Crescent (in/out)	U	S	E	Jump Axe	U	S	E
Crescent (out/in)	U	S	E	Skip Hook	U	S	E
Front	U	S	E	360 Round	U	S	E
Round	U	S	E	360 Axe	U	S	E
Step Side	U	S	E	One-step Jump Back	U	S	E
Jump Front	U	S	E	Spin Crescent	U	S	E
Skip Round	U	S	E	Triple Kicks	U	S	E
Skip Side	U	S	E	Spinning heel/hook	U	S	E
Step Hook	U	S	E	Control kicks (front)	U	S	E
Back Kick	U	S	E	Control kicks (round)	U	S	E
Axe Kick	U	S	E	2-kick Combinations	U	S	E
Rear Leg Side	U	S	E	3-kick Combinations	U	S	E
Double Kicks	U	S	E	4-kick Combinations	U	S	E
Jump Back	U	S	E				
<b>Form [Tae-geuk Yuk-Jang (6)]</b>							
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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REQUIREMENTS	GRADE			REQUIREMENTS	GRADE		
<i>U = Unsatisfactory   S = Satisfactory   E = Excellent</i>							
<b>Forms [Previous]</b>							
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				
<b>Target Kicks</b>							
Triple Round	U	S	E	Round, Jump Back	U	S	E
Round, Spinning-Heel	U	S	E				
<b>Sparring</b>							
Full-Contact w/ Pads					U	S	E
<b>Breaking</b>							
One Step Jump Back – 2 boards (12yr+) / 2 boards (≤11yr)					U	S	E
Student Choice w/ Opposite Foot – 2 boards (12yr+) / 1 board (≤11yr)					U	S	E
Round Kick – 1 board (12yr+)	U	S	E	Front Foot Side – 1 board (≤11yr)	U	S	E
Palm Strike – 1 board (12yr+)	U	S	E	Hand / Elbow – 1 board (≤11yr)	U	S	E
<b>Attitude &amp; Knowledge</b>				<b>Fitness</b>			
Terminology	U	S	E	Strength (40 push-ups / 50 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"> <li>1. Hanna (ha-na)</li> <li>2. Dul (dool)</li> <li>3. Set (set)</li> <li>4. Net (net)</li> <li>5. Dasot (da-set)</li> <li>6. Yasot (ya-set)</li> <li>7. Elgob (il-gup)</li> <li>8. Yadol (yo-dole)</li> <li>9. Ahop (a-hop)</li> <li>10. Yol (yole)</li> </ol>
5 Tenets of Tae Kwon Do	<ol style="list-style-type: none"> <li>1. Courtesy</li> <li>2. Integrity</li> <li>3. Perseverance</li> <li>4. Self-Control</li> <li>5. Indomitable Spirit</li> </ol>

	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		
Sparring Terms	Shi-jak	Start	Chung	Blue
	Kalyeo	Break	Hong	Red
	Ku-man	Stop	Gam-jeom	Deduction (1 pt)
	Kae-sok	Continue	Deuk-jum	Point
	Kaeshi	Time (injury)	Hoe-jum	Round
	Shikan	Time	Seung	Winner