

RANK: CHO-DAN

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	360 Round	U	S	E
Crescent (out/in)	U	S	E	360 Axe	U	S	E
Front	U	S	E	One-step Jump Back	U	S	E
Round	U	S	E	Spin Crescent	U	S	E
Step Side	U	S	E	Triple Kicks	U	S	E
Jump Front	U	S	E	Spinning heel/hook	U	S	E
Skip Round	U	S	E	Control kicks (front)	U	S	E
Skip Side	U	S	E	Control kicks (round)	U	S	E
Step Hook	U	S	E	Control kicks (side)	U	S	E
Back Kick	U	S	E	Jump Spin Crescent	U	S	E
Axe Kick	U	S	E	Jump Spin Heel	U	S	E
Rear Leg Side	U	S	E	360 Jump Back	U	S	E
Double Kicks	U	S	E	2-kick Combinations	U	S	E
Jump Back	U	S	E	3-kick Combinations	U	S	E
Jump Axe	U	S	E	4-kick Combinations	U	S	E
Skip Hook	U	S	E				
Form [Tae-geuk Pal-Jang (8)]							
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>											
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								
Target Kicks											
Cut kick	U	S	E	Charging Back	U	S	E				
Round, 360 Round, Spinning-Heel	U	S	E	Optional	U	S	E				
Sparring											
Full-Contact w/ Pads						U	S	E			
Breaking											
<i>10 Total Boards, Student Choice (Minimum: 3x Power, 1x Head High, 1x Jumping, 1x Hand/Elbow)</i>											
Power	_____	boards	U	S	E	Jumping Kick	_____	board(s)	U	S	E
Head High	_____	board(s)	U	S	E	Hand / Elbow	_____	board(s)	U	S	E
Optional	_____	board(s)	U	S	E	Optional	_____	board(s)	U	S	E
Optional	_____	board(s)	U	S	E	Optional	_____	board(s)	U	S	E
Attitude & Knowledge						Fitness					
Terminology	U	S	E	Strength (50 push-ups / 70 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		
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