

BLUE

FOOT GEAR NEEDED

BELT TESTING – WHITE UNIFORM ONLY

First Name: _____ Last Name: _____ Date of Birth: _____ Age: _____
 Phone #: () _____ - _____ Address: _____
 Circle Your Training Location: TR / FR / BR / MID / HOW / CM / Y / J / OTHER _____
 Are you a Black Belt Club Member? YES _____ NO _____ Belt Size: 00 – 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 (circle one)
 Special Information for the Judges _____

5 POINTS - _____
 _____ White Uniform _____ Chest & Shoulder Patches
 _____ Clean Uniform & Body _____ Belt tied properly

15 POINTS - _____
 _____ EQUIPMENT (FOOT GEAR)

20 POINTS - _____
BLOCKS & STANCES DRILL
 Forward stance, upper block & punch _____
 Back stance, center block & palm strike _____
 Side stance & down block (back fist) _____
 Cat stance, inward block & finger strike _____

20 POINTS - _____
EIGHT POINT STAR – STRIKE & BLOCK & KICK
 DEEP STANCES _____
 POWER _____
 SPEED _____
 KEIA (YELL) _____
 KNOWLEDGE _____

20 POINTS - _____
HAPKIDO
 DOUBLE WRIST GRAB (BEHIND) _____
 ONE ARM BAR (FROM BEHIND) _____
 ARM CHOKE FROM BEHIND _____
 HEAD LOCK FROM SIDE _____

10 POINTS - _____
BREAKING (FRONT KICK)
 TECHNIQUE _____
 FOCUS _____
 CONCENTRATION _____
 KEIAS _____

10 POINTS - _____
SPARRING
 TECHNIQUE _____
 FOCUS _____
 CONCENTRATION _____
 KEIAS _____

PERFORMANCE SCORING
0 ✓ X
 NEED MORE WORK GOOD EXCELLENT

TOTAL SCORE (PASSING = 70+) _____
 JUDGED BY: _____

PROMOTION EXAM FEE: \$45.00
 APPLICATION MUST BE HANDED IN BY: _____ RECEIVED BY: _____