

NAVY

FULL SPARRING 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 (FULL SPARRING GEAR)

20 POINTS - _____

STICK TECHNIQUE – BLOCK & TAKE AWAY

STRAIGHT THRUST _____

OVERHEAD STRIKE _____

OVERHEAD ANGLE STRIKE _____

20 POINTS - _____

GUM JUNG DE

DEEP STANCES _____

POWER _____

SPEED _____

KEIA (YELL) _____

KNOWLEDGE _____

20 POINTS - _____

SELF DEFENSE

FRONT CHOKE _____

DOUBLE COLLAR GRAB _____

BEAR HUG-OVER ARMS _____

AGAINST ROUND KICK _____

SPEED _____

10 POINTS - _____

BREAKING (STANDING JUMP KICK)

CONCENTRATION _____ RESPECT _____

TECHNIQUE _____ KEIAS _____

FOCUS _____ POWER _____

10 POINTS - _____

SPARRING

CLEAN TECHNIQUES _____ SPEED _____

POWER & SNAP _____ KNOWLEDGE _____

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: _____