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# 1. Rules and Regulations

## Student Rules

1. Students must wear correct uniform and belt in class except with special permission from the instructors.
2. A student's Personal appearance in class reflects courtesy and pride in him/her self. Clean body and uniform, short or gathered hair and trimmed fingernails and toenails are required for safety and courtesy.
3. If a student is forced to be late for class, he/she should wait to be recognized by the instructor, then he/she should ask permission to join the class. At which time the instructor will bow the student to class.
4. Students will not wear shoes on the workout floor. If you must wear your shoes please keep to the edges of the room. Exceptions given to visitors and those wearing martial arts workout shoes.
5. Students should use the restroom before the beginning of class. If necessary, he/she may ask permission to be excused.
6. Students will show proper respect to Instructors and fellow students, even if they are friends or family members.
7. Students will follow all directions from Instructors. The safety or educational reason may not be immediately obvious, but there is a reason.
8. Students are encouraged to participate in class. But respect for the time of others in the class means, that excessive talking, which disturbs training, is not acceptable. If a student does not understand instructions, or has a question, he/she should raise their hand, to have their question answered by the instructor.
9. Students are responsible to keep the school, dressing area and restroom clean, out of respect for fellow students.
10. Students may not free-spar without instructor supervision. Students should consider it mandatory outside of the school as well.
11. Alcohol consumption, smoking or other tobacco use is not allowed in the school.
12. For safety reasons, gum chewing will not be allowed in class.
13. If the Jefferson City Public school call off class due to inclement weather, so will YMCA. Call Knowles-YMCA (573)761-9015 to see if Taekwondo classes have been cancelled.

These rules have been implemented to better provide students with a more enjoyable and successful journey to their goals in Americanized Taekwondo.

## Levels

<i>Beginning level</i>	White
<i>Intermediate Level A</i>	Yellow and Orange Belts
<i>Intermediate Level B</i>	Green, Blue
<i>Advanced Level</i>	Purple Belts
<i>Brown Belt Level</i>	3 <sup>rd</sup> degree Brown, 2 <sup>nd</sup> degree Brown and 1 <sup>st</sup> degree (RED) Belts
<i>Black Belt level</i>	10 degrees

## Uniforms

<i>Beginning Level</i>	All Blue uniforms at all times.
<i>Intermediate level A</i>	May wear the above to include black pants.
<i>Intermediate level B</i>	Any combination of the above to include a black GI top
<i>Advanced level</i>	Any combination of the above to include a red Gi top.
<i>Brown Belt level</i>	Any combination of the colors as approved by the instructor. They may also wear Fighting Suits with instructor(s) approval.
<i>Black Belt level</i>	Any combination of above

Any student, who competes in Full Contact competition, may wear satin uniforms while competing only.

## Testing Requirements

All students must be able to demonstrate, with proficiency, the skills that they have learned at all levels. As a minimum they should be able to demonstrate all of the techniques and katas, that they have learned prior to the test. The following Katas must be demonstrated for the following belts tested for:

<i>Yellow Belt</i>	Palgwe 1
<i>Orange Belt &amp; Green Belt</i>	Palgwe 1 & 2
<i>Blue Belt</i>	Palgwe 1, 2 & 6
<i>Purple &amp; 3<sup>rd</sup> degree Brown Belts</i>	Palgwe 1, 2, 6 & 7
<i>2<sup>nd</sup> &amp; 1<sup>st</sup> degree Brown Belts</i>	Palgwe 1, 2, 6, 7 & Koryo
<i>1<sup>st</sup> degree Black Belt</i>	Palgwe 1, 2, 6, 7, Koryo & Gae-Baek

All skills that are tested are rated “S” – satisfactory, “C” – comment or “U” – unsatisfactory. If a student receives 3 or more “U” ratings he/she will fail the test. However, students may earn extra credit points. They may be earned by demonstrating additional Katas worth 1 point each, or by having more than the required number of points as outlined in POINT ACCUMULATION. 1 point is earned for each point above the required number. 1 extra credit point negates one “U” rating. However IF a student has 5 or more “U” ratings, it is an automatic failure. If the student cannot demonstrate the required kata(s) this is also a failure of the test.

## Point accumulation

<i>Attending EXTRA classes</i>	1 point each
<i>Attending a Karate tournament</i>	1 point each
<i>Competing in a Karate tournament Kata and/or Kumite</i>	2 point each
<i>3<sup>rd</sup> place in a tournament</i>	3 points
<i>2<sup>nd</sup> place in a tournament</i>	4 points
<i>1<sup>st</sup> place in a tournament</i>	5 points
<i>Attending an APPROVED karate seminar</i>	2 points
<i>Participating in an APPROVED Karate seminar</i>	5 points
<i>Competing in Kata &amp; Kumite in 2 tournaments in one belt</i>	10 points

The following are additional requirements when testing for :

<i>Purple and 3<sup>rd</sup> degree brown belts</i>	5 points and 16 hours of class
<i>2<sup>nd</sup> and 1<sup>st</sup> degree brown belts</i>	10 points and 16 hours of class
<i>1<sup>st</sup> degree Black Belt</i>	10 points and 32 hours of class

All advanced belts must have competed in at least one tournament prior to testing. It is your responsibility to make the Instructor aware of any accumulated points!

## Testing Fees

All testing fees and additional debts must be paid in full prior to testing!!

**Note:** *Should it occur that a student fail a test - the testing fee will be refunded!*

<i>Yellow belt – Purple Belt</i>	\$10.00
<i>3<sup>rd</sup> degree Brown Belt – Red Belts</i>	\$15.00
<i>1<sup>st</sup> degree Black Belt – 3<sup>rd</sup> Degree Black Belt</i>	\$30.00

## Sparring Rules

1. **Legal target areas** : Chest, stomach, side of body (seams forward) and head gear area. **NO** face contact under adult Brown Belt.
2. **Points** : All foot techniques to a legal target area will be awarded two (2) points. All legal hand techniques to a legal target area will be awarded one (1) point. All matches will be five (5) points or two (2) minutes. In case of a tie the next point wins.
3. **Illegal techniques** : **NO GROUND FIGHTING**, sweeps, takedowns or holding while executing a technique. **NO BLIND** techniques, falling to avoid contact, holding, blind techniques or failure to use good control.
4. **Warnings** : Running out of ring, attacking an unauthorized area, falling to avoid contact, holding, blind techniques, or failure to use control.
5. **Minus Points** : Contact to the face under Brown Belt adult, accumulation of two (2) warnings of any kind or **ACCIDENTAL** heavy contact.
6. **Disqualification** : Malicious attacks, accumulation of two (2) minus points, unsportsmanlike conduct, disrespect to officials, excessive contact to any part of the body that causes bleeding or swelling to an opponent.
7. **Required Equipment** : All students must wear a mouthguard protective head, hand and foot gear. Male students must wear a groin protector.
8. **Optional equipment** : While not mandatory, all students are encouraged to wear chest protection, eye protection, shin guards and forearm guards.

## Competing

Students are encouraged to learn other styles and systems, as it can only serve to make a more well-rounded Martial Artist. However, to remain a student of this school, and to promote fair competition, you must abide by the following rule :

***IF A STUDENT ATTAINS A BELT IN ANOTHER STYLE - HE/SHE MUST COMPETE AT THE HIGHEST BELT LEVEL ATTAINED!!***

## Instruction Discretion

The foregoing rules serve as guideline to student and instructor alike. However, the instructor(s) reserve the right to exercise discretion as the need dictates.

## 2. Techniques

### Beginning level

1. Chariot/Jung Ye/Joon Be
2. Ready stance
3. Regular Punch
4. Reverse Punch
5. Leg Block
6. Chest Block
7. Head Block
8. Front Snap Kick (in place and with movement )
9. Side Squat Punch
10. Moto Maki Punch
11. Suto Strike
12. Rear Kick
13. Side Kick ( in place and ½ turn )
14. Roundhouse Kick Front Leg (in place)
15. Double Punch

### Intermediate Level A

16. Front Jump Kick ( in place & with movement )
17. Step Behind Side Kick
18. Crescent Kick – Outside
19. Crescent Kick – Inside
20. Eye Strikes
21. Grab Throat – Break Jaw

### Intermediate Level B

22. Roundhouse Kick with movement.
23. Open Hand – Spear Point Strike.
24. Hook Kick ( in place and with movement )
25. Pivot Rear Kick

### Advanced Techniques

26. Scoop Side Kick
27. Strike Throat – Break Nose
28. Spinning Rear Kick
29. Jump Wheel Kick

### 3. Sparring Techniques & Combinations

#### Beginning level

1. Front Kick from a Back Stance.
2. Short Roundhouse Kick.
3. Hook Kick from an Iron Horse Stance
4. Back Fist
5. Back Fist – Reverse Punch
6. Back Fist – Ridge Hand
7. Ridge Hand to chest – Reverse Punch to the head
8. Reverse Punch to body – Back Fist to the head

#### Intermediate Level A

1. Front Kick from a Back Stance with the ball of the foot
2. Short Roundhouse Kick from a Back Stance low and high
3. Turning Roundhouse Kick from a Back Stance low and high
4. Hook Kick – Roundhouse Kick from a Back Stance
5. Double Back Fist
6. Back Fist – Bottom Fist
7. Ridge Hand – Back Fist – Reverse Punch
8. Back Fist – Reverse Punch low and high

#### Intermediate Level B

1. Back Fist – Reverse Punch – Skip Turning Back Kick
2. Back Fist – Reverse Punch – Skip Turning Back Side Kick
3. Back Fist – Skip Inside Crescent Kick – Skip Back Kick
4. Outside Crescent Kick – Skip Turning Side Kick
5. Back Fist – Lunge Punch – Skip Spinning Crescent Kick
6. Ridge Hand the the chest – Skip Hook Kick to the head
7. Back Fist – Reverse Punch – Skip Front Thrust Kick
8. Ridge Hand to the body – Back Fist to the head – Reverse Punch to the head

#### Advanced Techniques

1. Back Fist – Reverse Punch – Jump Front Kick to the chest
2. Back Fist – Jump Roundhouse Kick to the chest
3. Back Fist – Reverse Punch – Jump turning Roundhouse Kick to the chest
4. Ridge Hand – Back Fist – Jump Hook Kick to the head
5. Back Fist to the head – Jump Side Kick to the side
6. Back Fist – Reverse Punch – Jump Inside Crescent Kick to the chest or head
7. Back Fist – Reverse Punch – Spinning Crescent Kick to the chest or head
8. Front Kick – Roundhouse Kick – Jump Back Fist to the head

## 4. Katas

### Palgwe 1

TURN LEFT ¼ turn ... Left hand *Leg Block*; STEP RIGHT – Right hand *Moto Maki*.  
 TURN RIGHT ½ turn ... Right hand *Leg Block*; STEP LEFT – Left hand *Moto Maki*.  
 TURN LEFT ¼ turn ... Left hand *Leg Block*; STEP RIGHT – Right hand *Moto Maki*;  
 STEP LEFT – Left hand *Moto Maki*; STEP RIGHT – Right hand (KIA) *Regular Punch*.

TURN LEFT ¾ turn ... *Suto Strike*; STEP RIGHT – Right hand *Moto Maki*.  
 TURN RIGHT ½ turn ... *Suto Strike*; STEP LEFT – Left hand *Moto Maki*.  
 TURN LEFT ¼ turn ... Left hand *Leg Block*; STEP RIGHT- Right hand *Open Hand*;  
 STEP LEFT – Left hand *Open Hand*; STEP RIGHT – Right hand (KIA) *Regular Punch*.

TURN LEFT ¾ turn ... Left hand *Leg Block*; STEP RIGHT – Right hand *Moto Maki*.  
 TURN RIGHT ½ turn ... Right hand *Leg Block*; STEP LEFT – Left hand *Moto Maki*.

WAIT 3 SECONDS

TURN LEFT ¼ turn ... *Joon Be*.

### Palgwe 2

TURN LEFT ¼ turn ... Left hand *Head Block*; Right Leg *Front Snap Kick*;  
 Right hand *Regular Punch*.

TURN RIGHT ½ turn ... Right hand *Head Block*; Left Leg *Front Snap Kick*;  
 Left hand *Regular Punch*.

TURN LEFT ¼ turn ... Low *Suto*; STEP RIGHT – *High Suto*;  
 STEP LEFT – Left hand *Head Block*; STEP RIGHT – Right hand (KIA) *Punch*.

TURN LEFT ¾ turn ... Left hand *Head Block*; Right Leg *Front Snap Kick*;  
 Right hand *Regular Punch*.

TURN RIGHT ½ turn ... Right hand *Head Block*; Left Leg *Front Snap Kick*;  
 Left hand *Regular Punch*.

TURN LEFT ¼ turn ... Left hand *Reinforced Leg Block*; STEP RIGHT – *Reinforced Chest Block*;  
 STEP LEFT – Left hand *Moto Maki*; STEP RIGHT – Right hand (KIA) *Punch*.

TURN LEFT ¾ turn ... Left hand *Head Block*; Right Leg *Front Snap Kick*;  
 Right hand *Regular Punch*.

TURN RIGHT ½ turn ... Right hand *Head Block*; Left Leg *Front Snap Kick*;  
 Left hand *Regular Punch*.

WAIT 3 SECONDS

TURN LEFT ¼ turn ... *Joon Be*.

**Palgwe 6**

TURN LEFT ¼ turn ... *Suto Strike*; → Right leg *Front Snap Kick*; → Right hand *Regular Punch*.

TURN RIGHT ½ turn ... *Suto Strike*; → Left leg *Front Snap Kick*; → Left hand *Regular Punch*.

TURN LEFT ¼ turn ... Left hand *Leg Block*; → Left hand *Head Block/Break Jaw* combination;  
→ Right leg *Front Snap Kick*, jumping into *Cat Stance* → Right hand (KIA) *Back Fist*.

TURN LEFT ¾ turn ... *Suto Strike*; → STEP LEFT into *Open Stance – Double Ridgehand*;  
→ Two hand *Tension Grad and Pull Down*; → Right leg *Front Snap Kick*;  
→ Right hand *Regular Punch*; → Left hand *Reverse Punch*.

TURN RIGHT ½ turn ... *Suto Strike*; → STEP RIGHT into *Open Stance – Double Ridgehand*;  
→ Two hand *Tension Grad and Pull Down*; → Left leg *Front Snap Kick*;  
→ Left hand *Regular Punch*; → Right hand *Reverse Punch*.

TURN LEFT ¼ turn ... Low Suto;  
→ STEP LEFT into *Open Stance - Left hand Head Block/Break Nose* combination;  
→ Right leg *Front Snap Kick*; → Right hand(KIA) *Backfist*; → Left leg *Front Snap Kick*;  
→ Left hand *Head Block*; → Left hand *Reinforced Elbow to Rear*, while moving  
Right leg forward into a *Cat Stance*; → Right leg *Side Kick*;  
→ *Suto Strike Right/Suto Strike Left* combination.

WAIT 3 SECONDS

LEFT LEG MOVES BACK TO *Joon Be*.



**Palgwe 7**

STEP FORWARD WITH LEFT FOOT ... *Double Leg Block* (Right over Left);

- Right leg *Front Snap Kick*; → *Double Chest Block*;
- Left leg *Front Snap Kick*; → *Double Head Block* (Right over Left);
- Left hand *Reinforced Elbow to the Rear*, moving right leg forward into a *Cat Stance*;
- Right leg *Side Kick*, stepping into an *Iron Horse Stance*; → *Suto Strike* to the Right.

TURN LEFT  $\frac{3}{4}$  turn ... into a *Back Stance*; → Left hand *Chest Block*;

- STEP LEFT into an *Open Stance*; → Right hand *Reverse Punch*; → Left hand *Head Block*;
- Left hand *Reinforced Elbow to the Rear*, moving Right leg forward into a *Cat Stance*;
- Right leg *Side Kick*, stepping into an *Iron Horse Stance*; → *Suto Strike* to the Right;
- STEP RIGHT into an *Open Stance*; → Left hand *Reverse Punch*;

TURN RIGHT  $\frac{1}{2}$  turn ... into a *Back Stance*; → Right hand *Chest Block*;

- STEP RIGHT into an *Open Stance*; → Left hand *Reverse Punch*; → Right hand *Head Block*;
- Right hand *Reinforced Elbow to the Rear*, moving Left leg forward into a *Cat Stance*;
- Left leg *Side Kick*, stepping into an *Iron Horse Stance*; → *Suto Strike* to the Left;
- STEP LEFT into an *Open Stance*; → Right hand *Reverse Punch*;

TURN LEFT  $\frac{1}{4}$  turn ... *Double Leg Block* (Right over Left);

- Double Head Block* (Right over Left), Right hand *Grabbing and Pulling* back with tension;
- Release and strike with a Right hand(KIA) *Reverse Punch*.

TURN LEFT 360 degrees while pivoting on the left/front foot into a *Horse Stance*...

- Right hand *Leg Block*(outside leg); Left hand *Open Hand Strike*(palm down);
- Turn palm perpendicular to the ground; Kick palm with Right leg *Crescent Kick*, stepping into an *Iron Horse Stance* and striking Left palm with Right elbow;
- Slide Left foot to Right and slide Right back – Right hand *high block*/Left hand *Low block*;
- Slide Left foot to Right and slide Right back → *Suto Strike* left;
- Step Left into an *Open Stance* → Right hand(KIA) *Reverse Punch*.

WAIT 3 SECONDS

LEFT LEG MOVES BACK TO *Joon Be*.

## Koryo

TURN LEFT ¼ turn ... *Suto Strike*;

- STEP RIGHT with a *Lo/Hi* Right leg *Side Kick*;
- Right hand *Open Hand Strike* (Palm down);
- Open stance stepping out with the Right foot – Left Hand *Reverse Punch*;
- Slide Right foot back to the *Iron Horse Stance* – Right hand *Moto Maki* at a 45 angle;

TURN RIGHT ½ turn ... *Suto Strike*;

- STEP LEFT with a *Lo/Hi* Left leg *Side Kick*;
- Left hand *Open Hand Strike* (Palm Down);
- Open stance stepping out with the Left foot – Right Hand *Reverse Punch*;
- Slide Left foot back to the *Iron Horse Stance* – Left hand *Moto Maki* at a 45 angle;

TURN LEFT ¼ turn ... Left hand *Open Hand Leg Block*;

- Right hand *Grab Throat*; → Right leg *Front Snap Kick*;
- Right hand *Open Hand Leg Block*;
- Left hand *Grab Throat*; → Left leg *Front Snap Kick*;
- Left hand *Open Hand Leg Block*;
- Right hand *Grab Throat* (KIA); → Right leg *Front Snap Kick*;
- Crossed *Double Leg Block* (Right over Left);

TURN RIGHT ½ turn (Pivoting on right foot)... *Double Chest Block*;

- Left leg *Front Snap Kick*; → Crossed *Double Leg Block* (Right over Left);
- Left leg slides back to right into *Cat Stance* – *Double Chest Block*;

TURN RIGHT ¼ turn (Pivoting on left foot)... In a “T” Stance;

- Left hand *Open Hand Collar Strike/Grab The Neck* – Pull to Right hand *Punch*;
- Left leg *Step Behind Side Kick* into an *Open Stance* facing the opposite direction;
- Left hand *Open Hand Strike* to the goin;
- Grab with left hand and pull, while pushing torso down with Right (Show tension);
- STEP LEFT with Left hand *Break Nose Strike* (Low);
- STEP RIGHT into an *Iron Horse Stance* with *Reinforced Elbow Strike* to the right;
- Right hand *Open Hand Collar Strike/Grab The Neck* – Pull to Left hand *Punch*;
- Right leg *Step Behind Side Kick* into an *Open Stance* facing the opposite direction;
- Right hand *Open Hand Strike* to the goin;
- Grab with right hand and pull, while pushing torso down with left (Show tension);
- STEP RIGHT with Right hand *Break Nose Strike* (Low);
- STEP LEFT into an *Iron Horse Stance* with *Reinforced Elbow Strike* to the left;

SLIDE LEFT FOOT TO RIGHT (ATTENTION POSITION)...

With tension push *Reinforced Elbow Strike* above your head; Still with tension, keeping

elbows locked, slowly switch to *Open Hand to Side of Right Fist* at waist level;

TURN LEFT ½ turn ...Left hand *Open Hand Strike* (palm down) – Left hand *Open Hand Leg Block*;

→ Step Right Right hand *Open Hand Strike* (palm up) – Right hand *Open Hand Leg Block*;

→ Step Left Left hand *Open Hand Strike* (palm up) – Left hand *Open Hand Leg Block*;

→ Step Right *Grab Throat*(KIA) hold for 3 seconds;

TURN LEFT ½ turn (Pivoting on right foot)... into a *Rising Sun Joon-Be*;

**Gae- Baek**

RIGHT FOOT STEPS BACK with an *Open Hand Crossing Block* (Left over Right); → Right foot  
*Front Snap Kick*; → *Regular/Reverse Punch Combination*.

RIGHT FOOT STEPS BACK with a *Head/Leg Block Combination*; → *Crescent Block* with tension to  
Right side.

PIVOT ON RIGHT FOOT TO RIGHT with Left foot reinforcing the Right knee and Left hand over  
Right fist; → Right Elbow to the rear.

SET FOOT DOWN so you are facing at a 45 degree angle in an *Iron Horse Stance* Right hand *Rising  
Palm Block*; → *Punch left*; → *Punch right*; → *Punch left*; → *Elbow Smash* with Right elbow; → *Back  
Fist right*, with Left fist underneath.

RIGHT LEG STEPS BACK TO RIGHT Left leg moves into a "T" stance with an *Open Hand  
Guarding Block*; → *Front (Left) leg Front Snap Kick*; → *Spear Point Left/Spear Point Right  
combination*.

STEP FORWARD WITH RIGHT LEG to ½ turn *Side Kick* in an *Iron Horse Stance*; → Closed fist  
*Guarding Block*; → Right leg moves forward in an *Iron Horse Stanc*; → Closed fist *Guarding  
Block* to the Rear; → Left leg moves behind you in an *Iron Horse Stance*; → Open hand *Guarding  
Block/ 9 Block* (Right Hand Low).

RIGHT LEG MOVES FORWARD into an *Open Stance* to the rear (Left leg front); → *Open Leg  
Block(left)*; → *Front Snap Kick Right*; → *Front Jump Kick Right*; → *Simultaneous Punch*;  
→ *Crescent Block left*; → *Ulster Punch left*.

RIGHT LEG STEPS OVER, Left leg slides over; → Pivot; → *Elbow Smash* at a 45 degree angle to the  
left; → *Back Kick*; → Right foot steps to the right; → Left foot moves in behind to a *Cat Stance* with  
a Right hand *Back Fist* (KIA).

LEFT LEG OPENS to a 45degree angle to the Left in an *Iron Horse Stance*; → Right hand *Rising  
Palm Block*; → *Punch Left*; → *Punch Right*; → *Punch Left*; → *Elbow smash* with Right elbow;  
→ *Back Fist right* with Left fist underneath.

LEFT FOOT STEPS LEFT to an *Open Stance* to the rear; → Right hand *Ridge Hand* with open hand  
left underneath; → Right leg forward to ½ turn *Side Kick* ending in an *Open Stance* to the Front;  
→ *Simultaneous Punch*; → Right hand *Ulster Punch under open Left hand*.

RIGHT LEG STEPS FORWARD in an *Iron Horse Stance*; → *9 Block* (Right hand low); → *Inverted  
Circular Low Suto left*; → *Inverted Circular Low Suto right*.

LEFT LEG STEPS to a *Twisted Outside Kick* landing in an *Iron Horse Stanc*; → *Double Outside  
Block*;

LEFT LEG STEPS to a *Twisted Outside Kick* landing in an *Iron Horse Stanc*; → *Double Outside  
Block*;

RIGHT LEG STEPS FORWARD to an *Open Stance* to the rear; → *Head BlockRight/Reverse Punch Left(KIA)* combination; → Right leg steps over Left leg slides over and Pivot to an *Open Stance*; *Head BlockRight/Reverse Punch left(KIA)* combination; → Left leg back to *Joon Be*.

## Belt Rank Test

Name \_\_\_\_\_

Rank testing for \_\_\_\_\_

Techniques are graded as either (S)- Satisfactory, (C) –Comment or (U) – unsatisfactory.

### Beginning Level

S C U Chariot/Jung Ye/Joon Be

S C U Ready stance

S C U Regular Punch

S C U Reverse Punch

S C U Leg Block

S C U Chest Block

S C U Head Block

S C U Front Snap Kick (in place and with movement)

S C U Side Squat Punch

S C U Moto Maki Punch

S C U Suto Strike

S C U Rear Kick

S C U Side Kick (in place and 1/2 turn)

S C U Roundhouse Kick Front Leg (in place)

S C U Double Punch

Tournament record:

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Extra credit points description:

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### Intermediate Level A

S C U Front Jump Kick (in place & with movement)

S C U Step Behind Side Kick

S C U Crescent Kick – Outside

S C U Crescent Kick – Inside

S C U Eye Strikes

S C U Grab Throat – Break Jaw

PASS\_\_FAIL\_\_Date: / /

Rank test examiner:

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### Intermediate Level B

S C U Roundhouse Kick with movement.

S C U Open Hand – Spear Point Strike.

S C U Hook Kick (in place and with movement)

S C U Pivot Rear Kick

Comments:

### Advanced Level

S C U Scoop Side Kick

S C U Strike Throat – Break Nose

S C U Spinning Rear Kick

S C U Jump Wheel Kick

S C U Combination

S C U Combination

S C U Combination

### Katas

S C U Palgwe 1

S C U Palgwe 2

S C U Palgwe 6

S C U Palgwe 7

S C U Koryo

S C U Gae- Baek

S C U Bag Work

S C U Bag Work

S C U Sparring

S C U Self Defense