

U.S. TAE KWON DO ACADEMY

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BEGINNER & INTERMEDIATE ONLY

Testing Application PASS _____ FAIL _____

(Please print all information clearly)		BELT SIZE: _____
BELT YOU ARE TESTING FOR: _____		PRESENT RANK: _____
LAST NAME: _____		FIRST NAME: _____
ADDRESS: _____		CITY: _____ ZIP CODE: _____
DATE OF BIRTH: ____/____/____		PHONE: (____)____-____
I am currently a student of U.S. Taekwondo Academy and hereby submit my application with the approval of my instructor. I understand that this test does not guarantee my promotion and I shall respectfully accept the examiner's opinion of my performance. (Approval of this application is reflects attendance, participation, and acquisition of skill)		
Student's Signature: _____		Date of application: ____/____/____
Do not write below this line. For office use only.		

Date of Test: ____/____/____ Time: _____ Testing Fee:\$ _____ Please return this application no later than: ____/____/____		
\$20 LATE CHARGE AFTER ABOVE DATE		
Checked by: _____		
Cleared to test: YES NO		
<p><i>(For examiner's use only)</i></p> <p>BASIC STANCES</p> <p>1. Ready ()</p> <p>2. Horse ()</p> <p>3. Walking ()</p> <p>4. Front ()</p> <p>5. Back ()</p> <p>BASIC PUNCHING</p> <p>1. Horse stance punching ()</p> <p>2. Reverse punch ()</p> <p>3. Under punch ()</p> <p>4. Double punch ()</p> <p>5. Vertical punch ()</p> <p>6. Jab ()</p> <p>7. Side punch ()</p> <p>BASIC HAND TECHNIQUES</p> <p>1. BHT #1 ()</p> <p>2. BHT #2 ()</p> <p>3. BHT #3 ()</p> <p>BLOCKING TECHNIQUES</p> <p>1. Down block ()</p> <p>2. Inside block ()</p> <p>3. High block ()</p> <p>4. Outside block ()</p> <p>5. Single knife hand body block ()</p> <p>6. Double knife hand body block ()</p> <p>7. Double knife hand down block ()</p> <p>8. Single knife hand twist block ()</p> <p>9. Double outside block ()</p> <p>10. Opposite way ()</p> <p>11. Scissor block ()</p> <p>12. Palm block ()</p>	<p>KICKING TECHNIQUES</p> <p>1. Front kick ()</p> <p>2. Roundhouse kick ()</p> <p>3. Side Kick ()</p> <p>4. Side hook Kick ()</p> <p>5. Back Kick ()</p> <p>6. Back hook Kick ()</p> <p>7. Axe Kick ()</p> <p>SLIDING KICKS W/ PUNCH</p> <p>1. Front ()</p> <p>2. Roundhouse ()</p> <p>3. Side ()</p> <p>4. Side hook ()</p> <p>5. Axe ()</p> <p>JUMPING KICKS</p> <p>1. Front ()</p> <p>2. Roundhouse ()</p> <p>3. Side/ Hook ()</p> <p>BASIC FORMS</p> <p>1. Ki-cho Hyung Il Bu ()</p> <p>2. Ki-cho Hyung Yi Bu ()</p> <p>3. Ki-cho Hyung Sam Bu ()</p> <p>TAE GEUK FORMS</p> <p>1. Tae Geuk Il Jang ()</p> <p>2. Tae Geuk Yi Jang ()</p> <p>3. Tae Geuk Sam Jang ()</p> <p>4. Tae Geuk Sa Jang ()</p> <p>5. Tae Geuk Oh Jang ()</p> <p>6. Tae Geuk Yook Jang ()</p> <p>7. Tae Geuk Chil Jang ()</p> <p>8. Tae Geuk Pal Jang ()</p>	<p>HAPKIDO TECHNIQUES</p> <p>1. Right – right ()</p> <p>2. ()</p> <p>3. ()</p> <p>4. ()</p> <p>5. ()</p> <p>6. Right - Left ()</p> <p>7. ()</p> <p>8. ()</p> <p>9. ()</p> <p>10. ()</p> <p>BREAKING TECHNIQUES</p> <p>1. Hand ()</p> <p>1. Kicks ()</p> <p>FREE STYLE SPARRING</p> <p>1. One on one ()</p> <p>2. Two on one ()</p> <p>3. Three on one ()</p> <p>OVERALL TECHNIQUE</p> <p>1. Power ()</p> <p>2. Yell ()</p> <p>3. Attitude ()</p> <p>4. Breathing ()</p> <p>5. Fitness ()</p> <p>6. Stretch ()</p> <p>RECOMMENDATIONS:</p> <p>BLACK BELT EXAMINER:</p>