



CURRENT TAEKWONDO GREEN BELT 6TH

LAST NAME:

FIRST NAME:

AGE:

DATE OF TESTING:

APPLICATION DUE 2 DAYS BEFORE TEST DATE BY 7:30 PM:

TESTING TIME

TESTING FEE: Check the appropriate fee rate

- \$65 if turned in **before** 7:30pm on application due date
- +\$6 for 2 boards for 2 hand technique break
- \$90 if turned in **after** 7:30pm on application due date

Additional fees to attend NON-regular testing

- +\$10 for Make up test
- +\$20 for Private test by appointment, see office

READ AND CHECK THE FOLLOWING BOXES:

- YES, I understand that this application may be turned in Early, and absolutely **MUST BE turned in by 7:30pm Two days prior to the test date to receive the discounted testing price.**
- YES, I have completed the worksheet on the back of this form. The White Tiger manual contains all of the answers.

A class is offered every week to study the manual.
- I will break 2 boards at the test. Board fees are added to The test fee. Boards will be provided at the test.
- I will bring my sparring gear to the test. I may test after earning 3 stripes.
- School age students: attach a graded **Home Report Card.**
- School age students: attach a copy of your latest **School Report Card.** If you turned in the latest version, do not Turn it in again. Copier is available for 25¢.
- YES this applicant received perfect School Report Card and is eligible for the Academic Achievement Award. Applications without school report cards attached will not Be considered for the award.

for judges only

TESTING KICK

Roundhouse Kick, Back Kick

Doe-lee-oh Chagie, Dwee Chagie

Coordination...	100	95	90	85	80	75	70	65	60
Height...	100	95	90	85	80	75	70	65	60
Confidence/Yell	100	95	90	85	80	75	70	65	60

FORM POOM-SAY

Tae Guek Som Jahng (3)

Accuracy ...	100	95	90	85	80	75	70	65	60
Coordination...	100	95	90	85	80	75	70	65	60
Rhythm ...	100	95	90	85	80	75	70	65	60
Power...	100	95	90	85	80	75	70	65	60

SELF-DEFENSE #8, #9, #10

Understanding	100	95	90	85	80	75	70	65	60
Coordination...	100	95	90	85	80	75	70	65	60
Control...	100	95	90	85	80	75	70	65	60
Power...	100	95	90	85	80	75	70	65	60

WRITTEN TEST

Located online or on the back of this form

Overall Score..	100	95	90	85	80	75	70	65	60
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SPARRING

Overall Score..	100	95	90	85	80	75	70	65	60
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BREAKING

Overall Score..	100	95	90	85	80	75	70	65	60
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SHOWMANSHIP

Confidence ...	100	95	90	85	80	75	70	65	60
Attitude...	100	95	90	85	80	75	70	65	60
Discipline ...	100	95	90	85	80	75	70	65	60
Focus...	100	95	90	85	80	75	70	65	60

RESULTS

PASS HOLD RETEST

TESTING TO TAEKWONDO BLUE STRIPE 5TH



CURRENT TAEKWONDO GREEN BELT 6TH

- Complete the following written test. All answers have been covered in class and are in the White Tiger Manual. The manual is available online.
- Practice tests, videos and flash cards are available online so you may study them in advance of your next test. Do not wait until the last minute.
- Parents may assess (but do not do the work) for young children.
- Classes are available every week to help you study for this test.

<http://www.whitetigertkd.com/testing.html>

- 1. What are the colors of the Korean flag?**
 - a. Red, White & Blue
 - b. Red and White
 - c. Black, Yellow & Red
 - d. White, Black, Red & Blue
 - e. Metallic
- 2. Where is taekwondo from?**
 - a. South Korea
 - b. North Korea
 - c. North Carolina
 - d. South Carolina
 - e. China
- 3. What is the target area for a roundhouse kick?**
 - a. The backside
 - b. The upper arm
 - c. The nose
 - d. The side of the knee
 - e. The head or chest area
- 4. What is the name of your poomsae?**
 - a. Tae-geuk #2
 - b. Tae-geuk Yi Jahng
 - c. Gi-bone Hyung 4
 - d. Tae-geuk Som Jahng
 - e. Tae-geuk Koryo
- 5. Why do we take off our shoes for training?**
 - a. To be quieter
 - b. For style
 - c. To show our toenails
 - d. To create natural body balance & coordination
 - e. To obtain more power
- 6. How many moves are in your poom-say?**
 - a. 22
 - b. 18
 - c. 24
 - d. 20
 - e. 42
- 7. Why do we bounce when we spar?**
 - a. To lose weight
 - b. To burn more calories
 - c. So the opponent can't concentrate
 - d. To remain mobile & flexible
 - e. For digestion
- 8. What are the colors of the belts in progression**
 - a. White, Yellow, Orange, Blue, Green & Black
 - b. White, Yellow, Green, Red & Black
 - c. Green, White, Blue, Red & Black
 - d. White, Yellow, Green, Blue, Red & Black
 - e. White, Green, Blue, Red, Black & Brown
- 9. What is the name of your testing kick in English?**
 - a. Back Kick, Roundhouse Kick
 - b. Backward Kicking
 - c. Roundhouse, Back Kick
 - d. Double Roundhouse Kick
 - e. Back Jump Kick
- 10. What is the name of your testing kick in Korean?**
 - a. Dwee Cha-gie, Doe-lee-oh Cha-gie
 - b. Double Doe-lee-oh Cha-gie
 - c. Doe-lee-oh Cha-gie, Dwee Cha-gie
 - d. Dwe-me-oh Cha-gie
 - e. Chang Cha-gie

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