



CURRENT TAEKWONDO GREEN STRIPE 7TH

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

- ☐ **\$60** if turned in **before** 7:30pm on application due date
☐ **+\$3** for 1 board for 1 hand technique break
☐ **\$85** 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 1 board 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

Side Kick

Yop 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 Yi Jahng (2)

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 #5, #6, #7

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 GREEN BELT 6TH



CURRENT TAEKWONDO GREEN STRIPE 7TH

- 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. How can you score a point in sparring?**
 - a. Punch your opponent in the face
 - b. Make your opponent bleed
 - c. punch/kick your opponent in the area protected by the chest gear
 - d. Sweep your opponent
 - e. Yell the loudest
- 2. What is the name of your testing kick in English?**
 - a. Side Kick
 - b. Front Kick
 - c. Back Kick
 - d. Cross Kick
 - e. Slide Kick
- 3. What is the name of your testing kick in Korean?**
 - a. Nop Cha-gie
 - b. Drop Cha-gie
 - c. Hop Cha-gie
 - d. Flop Cha-gie
 - e. Yop Cha-gie
- 4. Name the first two commandments of taekwondo:**
 - a. Be loyal to your country and be obedient to your parents
 - b. Be loving to your family and be cooperative with others
 - c. Be faithful to friends and be respectful to elders
 - d. Be honest in personal affairs and show concern for others
 - e. Necer attack without reason and finish what you start
- 5. What is the name of your poomae?**
 - a. Tae-geuk Som Jahng
 - b. Tae-geuk III Jahng
 - c. Tae-geuk Yi Jahng
 - d. Gi-bone Hyung 3
 - e. Koryo
- 6. How many moves are in your poom-say?**
 - a. 18
 - b. 19
 - c. 20
 - d. 22
 - e. 52
- 7. Why do we bow to each other in class?**
 - a. To scar each other
 - b. To show respect
 - c. To check our feet
 - d. To stretch the back muscles
 - e. To be funny
- 8. What does "Doe-lee-oh Cha-gie" mean?**
 - a. How are you
 - b. High Block
 - c. Testing Form
 - d. Thank you
 - e. Roundhouse Kick
- 9. What pieces of sparring gear are required to Attend sparring class?**
 - a. Sparring gear is optional
 - b. Mouthpiece and headgear
 - c. Groin protector and chest gear
 - d. Headgear, mouthpiece, chest gear, fist and Forearm pads, shin and instep pads, groin protector
 - e. Fist and forearm pads, shin and instep pads, groin protector
- 10. What kind of break is required during green belt testing?**
 - a. Head Break
 - b. Jumping Kick Break
 - c. Flying Side Kick Break
 - d. Concrete Break
 - e. Hand Technique Break

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