



# CURRENT TAEKWONDO YELLOW BELT 8TH

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

\$55 if turned in **before** 7:30pm on application due date

\$80 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 be eligible to attend board breaking class after earning my green stripe belt

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

Inside Crescent Kick, Outside Crescent Kick, Axe Kick

*Ban-dal Ana-ru Chagie, Ban-dal Bahk-ru Cha-gie, Nay-lee-ah Cha-gie*

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

## SPARRING

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

## 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 STRIPE 7TH



## CURRENT TAEKWONDO YELLOW BELT 8TH

- 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 does “Tae”, “Kwon”, “Do” mean?**
  - a. Kick and punch really hard
  - b. Kick and punch each other
  - c. To kick with the foot, punch with the hand and to follow a path of discipline
  - d. To kick with the hand, punch with the foot and to follow a path of discipline
  - e. To kick with the foot, punch with the hand and yell alot.
- 2. Name two styles of Martial Arts taught at White Tiger:?**
  - a. Taekwondo and Hapkido
  - b. Hapkido and Sumo
  - c. Karate and Krav Maga
  - d. Kickboxing and Sambo
  - e. Judo and Sumo
- 3. What is the name of your poomsae in Korean?**
  - a. Tae-geuk Yi Jahng
  - b. Gi-bone Hyung 3
  - c. Tae-geuk Som Jahng
  - d. Tae-geuk Ill Jahng
  - e. Kor-yo
- 4. Why do we yell in class?**
  - a. Because we are mad
  - b. Because we are crazy
  - c. To obtain more power, regulate breathing, reduce tension, etc.
  - d. So we can win money
  - e. To scare the teacher
- 5. What is the target area for an axe kick?**
  - a. The head or chest
  - b. The backside
  - c. On the foot
  - d. On the cockroach
  - e. On the fingers
- 6. How many moves are in your poom-say?**
  - a. 15
  - b. 16
  - c. 17
  - d. 18
  - e. 19
- 7. How many self-defense techniques have you learned?**
  - a. 4
  - b. 14
  - c. 44
  - d. 1
  - e. 5
- 8. How do you say “seven” in Korean??**
  - a. dule
  - b. hah-na
  - c. ah-hope
  - d. ill-gope
  - e. net
- 9. Who can issue stripes on belts?**
  - a. Masters
  - b. Instructors
  - c. Select Leadership Team Members
  - d. Wangjangnim Michael
  - e. All of the above
- 10. Where should you keep your sparring bag during class?**
  - a. Near the door
  - b. On the floor in the cafe
  - c. On the floor in the changing room
  - d. On the half-wall
  - e. In a cubbie

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