



# CURRENT TAEKWONDO BLACK STRIPE 1ST

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

- ☐ **\$90** if turned in **before** 7:30pm on application due date  
☐ **+\$3** for 1 board for 1 jumping kick or flying side kick  
☐ **\$115** 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.
- ☐ I will break 2 at least 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

Roundhouse Kick, Double Roundhouse Kick,  
Tornado Kick, Back Kick  
Doe-ryuh Cha-gie, Yang-ball Cha-gie, Hay-doo-o  
Cha-gie, Dwee 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 PAHL Jahng (8)  
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 #23, #24, #25

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

## BREAKING

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 BODON BELT



## CURRENT TAEKWONDO RED STRIPE 1ST

- 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. Name a reason why we yell during training:**
  - a. To obtain more power
  - b. To startle or intimidate your opponent
  - c. To reduce tension in your body
  - d. To regulate breathing
  - e. All of the above
- 2. What do the bars on the Korean flag symbolize?**
  - a. The four elements
  - b. The four horseman
  - c. Punching, Kicking, Sparring & Breaking
  - d. Eye, Body, Mind & Spirit Focus
  - e. Hah-na, Dule, Set, Net
- 3. What is the name of your testing kick in Korean?**
  - a. Dwee Cha-gie, Doe-lee-o Cha-gie
  - b. Double Doe-lee-o Cha-gie
  - c. Doe-lee-o Cha-gie, Dwee Cha-gie
  - d. Dwee-me-o Cha-gie
  - e. Doe-ryuh Cha-gie, Yang-ball Cha-gie, Hay-doo-o Cha-gie, Dwee Cha-gie
- 4. What is the difference between Hapkido and Taekwondo?**
  - a. Hapkido is from Japan, Taekwondo is from Korea
  - b. Be silent in Hapkido but yell in Taekwondo
  - c. Wear shoes for Hapkido but barefoot for Taekwondo
  - d. Hapkido primarily uses joint locks, sweeps & takedowns; Taekwondo uses kicks & punches
  - e. Hapkido is only for beginners; Taekwondo is only for advanced students
- 5. What is the name of your poomsae?**
  - a. Tae-geuk Yi Jahng
  - b. Tae-geuk Chil Jahng
  - c. Tae-geuk Oh Jahng
  - d. Koryo
  - e. Tae-geuk Pahl Jahng
- 6. How many moves are in your poom-say?**
  - a. 26
  - b. 28
  - c. 24
  - d. 27
  - e. 42
- 7. What is a Black Belt called if they are under 16 years old?**
  - a. Poom-say
  - b. Pooh
  - c. Pom Pon
  - d. Poom
  - e. Poof
- 8. What is "Chong" in competition?**
  - a. Winner
  - b. Warning
  - c. Point Deduction
  - d. Blue
  - e. Referee
- 9. Who are the Korean Tigers?**
  - a. Feature exhibit at the Jakarta Zoo
  - b. A circus act
  - c. Professional Martial Arts Team
  - d. Olympic Judges
  - e. Pro Basketball Team
- 10. What does "She-Jock" mean?**
  - a. Finish
  - b. Shout
  - c. Start
  - d. Slow Down
  - e. Block

## TESTING TO TAEKWONDO BODON BELT