

| Age | Written Essay Submitted [] | Very Good | Good | Average | Poor | Unacceptable | Date of Grading: _____ |
|------------------------------------|-----------------------------|-------------|-------------------|---------|------|--------------|------------------------------|
| _____ | Requirement | | | | | | Examiner: _____ |
| | | | | | | | Comments |
| Patterns & Kiboms | | | | | | | |
| 13+ | Kibom Sohn il, Ee & Sam | | | | | | |
| 13+ | Kibom Aree il, Ee & Sam | | | | | | |
| | Tae Geuk il Jang | | | | | | |
| | Tae Geuk Ee Jang | | | | | | |
| | Tae Geuk Sam Jang | | | | | | |
| | Tae Geuk Sah Jang | | | | | | |
| | Tae Geuk O Jang | | | | | | |
| | Tae Geuk Yook Jang | | | | | | |
| | Tae Geuk Chil Jang | | | | | | |
| | Tae Geuk Pal Jang | | | | | | |
| Stances | | | | | | | |
| | N/A | | | | | | |
| Blocks | | | | | | | |
| | N/A | | | | | | |
| Strikes | | | | | | | |
| | N/A | | | | | | |
| Kicks | | | | | | | |
| | N/A | | | | | | |
| Sparring & Partner Work | | | | | | | |
| | One for One Kicking | | | | | | |
| | Free Sparring | | | | | | |
| | Free Sparring (2 vs 1) | | | | | | |
| | Free Sparring Hands Only | | | | | | |
| | One Step Sparring | | | | | | |
| Self Defence | | | | | | | |
| | 5 Basic Wrist Locks | | | | | | |
| | Release Against Grabs | | | | | | |
| Breaking | | | | | | | |
| 16+ | Combination of Choice | | | | | | Difficulty: High [] Low [] |
| 16+ | Hand Break of Choice | | | | | | Difficulty: High [] Low [] |
| 16+ | 10 Tiles – Downwards Punch | | | | | | |
| 16+ | Instructors Choice | | | | | | |
| 16+ | Knife Hand to Brick | | | | | | |
| Theory & Translations | | | | | | | |
| | 1. | | | | | | Correct / Close / Incorrect |
| | 2. | | | | | | Correct / Close / Incorrect |
| | 3. | | | | | | Correct / Close / Incorrect |
| | 4. | | | | | | Correct / Close / Incorrect |
| | 5. | | | | | | Correct / Close / Incorrect |
| | Overall Theory | | | | | | |
| Standard of: | | | | | | | |
| | Flexibility | | | | | | |
| | Fitness | | | | | | |
| | Power / Effort | | | | | | |
| | Total: | | | | | | |
| | | >50% = Pass | >50% = Fail | | | | |
| General Comments: | | | | | | | |
| RESULT: | "A" PASS | PASS | PASS + CONDITIONS | FAIL | | | |