

5th Kup to 4th Kup, Blue Tag to Blue Belt. Student Name _____

Age	(Milestone Belt) Requirement	Very Good	Good	Average	Poor	Unacceptable	Date of Grading: _____ Examiner: _____	Comments
Patterns & Kiboms								
	Kibom Sohn il							
13+	Kibom Sohn Ee							
13+	Kibom Areeil							
13+	Kibom Aree Ee							
13+	Kibom Sohn Sam							
	Tae Geuk il Jang							
	Tae Geuk Ee Jang							
	Tae Geuk Sam Jang							
	Tae Geuk Sah Jang							
	Tae Geuk O Jang							
Stances								
	Cross Stance							
	Left / Right Stance							
Blocks								
	Low & High Block Combo							
	KH Middle & KH High Combo							
Strikes								
	Ridge Hand Strike							
Kicks								
	360 Inner Crescent Kick							
	360 Outer Crescent Kick							
	Jumping Front Kick							
	Jumping Turning Kick							
Sparring & Partner Work								
	One for One Kicking							
	Free Sparring							
	Free Sparring (2 vs 1)							
Self Defence								
	N/A							
Breaking								
16+	Jumping Front Kick							
16+	Reverse Hook Kick							
16+	Front Punch							
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	