

# AMERICAN MARTIAL ARTS ACADEMY

TESTING FORM: 5<sup>TH</sup> GUP GREEN BELT W/WHITE STRIPE TO 4<sup>TH</sup> GUP GREEN BELT  
W/ BLACK STRIPE

PD \_\_\_\_\_  
CK # \_\_\_\_\_  
Cash \_\_\_\_\_

Student's Name: \_\_\_\_\_

TESTING FEE: \$ 25.00

Date: \_\_\_\_\_

BELT SIZE: \_\_\_\_\_

Instructor: \_\_\_\_\_

Current Rank: \_\_\_\_\_

TECHNIQUE	SCORE	COMMENTS
<b>BLOCKS</b>		
1) BIRD BLOCK	0 1 2 3 4	
2) PALM HEEL BLOCK	0 1 2 3 4	
<b>STRIKES</b>		
3) SIDE HAMMER FIST	0 1 2 3 4	
4) HOOK PUNCH	0 1 2 3 4	
5) UPPERCUT PUNCH	0 1 2 3 4	
<b>KICKS</b>		
6) REVERSE CRESCENT KICK	0 1 2 3 4	
7) REVERSE HOOK KICK	0 1 2 3 4	
8) LEAD LEG FROND ROUND SIDE	0 1 2 3 4	
<b>STANCE</b>		
9) CROSS FOOT STANCE	0 1 2 3 4	
<b>FORM</b>		
10) PYUNG AHN SAM DAN HYUNG	0 1 2 3 4	
<b>SELF DEFENSE</b>		
11) FULL NELSON	0 1 2 3 4	
<b>ONE STEPS</b>		
12) COMBINATIONS WITH 5 RIGHT AND 5 LEFT SIDE (10 altogether)	0 1 2 3 4 0 1 2 3 4	
<b>SPARRING</b>		
13) Good use of lateral motion & lead leg	0 1 2 3 4	
<b>THROWS</b>		
14) ARM THROW HIP THROW	0 1 2 3 4 0 1 2 3 4	

JUDGE NAME: \_\_\_\_\_ JUDGE INITIALS: \_\_\_\_\_

RANK EARNED: \_\_\_\_\_ COMMENTS: \_\_\_\_\_

**CIRCLE RANK EARNED:**

5-P (5<sup>TH</sup> GUP PERMANENT)

4-T (4<sup>TH</sup> GUP TEMPORARY)

4-P (4<sup>TH</sup> GUP PERMANENT)