

AMERICAN MARTIAL ARTS ACADEMY

TESTING FORM: 7th GUP ORANGE BELT TO 6TH GUP GREEN BELT

PD _____
 CK # _____
 Cash _____

Student's Name: _____

TESTING FEE: \$ 25.00

Date: _____

BELT SIZE: _____

Instructor: _____

Current Rank: _____

TECHNIQUE	SCORE	COMMENTS
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BLOCKS		
1) SCISSOR BLOCK	0 1 2 3 4	
2) FORWARD SUDO BLOCK	0 1 2 3 4	
3) ANY BLOCK STRIKE COMBO	0 1 2 3 4	
STRIKES		
4) SIDE SUDO HAND	0 1 2 3 4	
5) PIERCING HAND	0 1 2 3 4	
6) SPEAR HAND	0 1 2 3 4	
KICKS		
7) AX KICK	In/out Out/in 0 1 2 3 4 0 1 2 3 4	
8) ROUNDHOUSE/HOOK KICK	0 1 2 3 4	
9) FLYING SIDE KICK	0 1 2 3 4	
STANCE		
10) CLOSED FRONT STANCE	0 1 2 3 4	
11) SHORT BASKET STANCE	0 1 2 3 4	
FORM		
12) PYUNG AHN CHO DAN	0 1 2 3 4	
SELF DEFENSE		
13) 3 WRIST BENDS	Thumb -Steering with Pinky Thumb - Bow down 0 1 2 3 4 0 1 2 3 4 0 1 2 3 4	
ONE STEPS		
14 OUT TO IN CRESCENT/REVERSE BACK KICK	0 1 2 3 4	
-FORWARD SUDO HAND/ELBOW ACROSS/ ELBOW BACK	0 1 2 3 4	
-RIGHT HAND REVERSE SUDO/ROUND HOUSE TO BODY/ IN TO OUT AX TO HEAD (both with q Step W/ Left leg on 45°)	0 1 2 3 4	
TERMINOLOGY		
15) Start: Shi Chak Stop: Go Man	0 1 2 3 4	
BREAKFALLS		
16) Side	0 1 2 3 4	
Forward	0 1 2 3 4	
Back	0 1 2 3 4	
SPARRING		
17) Proper use of Lateral Motion	0 1 2 3 4	

JUDGE NAME: _____ JUDGE INITIALS: _____

RANK EARNED: _____ COMMENTS: _____

CIRCLE RANK EARNED:

7-P (7TH GUP PERMANENT)

6-T (6TH GUP TEMPORARY)

6-P (6TH GUP PERMANENT)

