

AMERICAN MARTIAL ARTS ACADEMY

TESTING FORM: 5TH GUP GREEN BELT W/WHITE STRIPE TO 4TH 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
BLOCKS		
1) BIRD BLOCK	0 1 2 3 4	
2) PALM HEEL BLOCK	0 1 2 3 4	
STRIKES		
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	
KICKS		
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	
STANCE		
9) CROSS FOOT STANCE	0 1 2 3 4	
FORM		
10) PYUNG AHN SAM DAN HYUNG	0 1 2 3 4	
SELF DEFENSE		
11) FULL NELSON	0 1 2 3 4	
ONE STEPS		
12) COMBINATIONS WITH 5 RIGHT AND 5 LEFT SIDE (10 altogether)	0 1 2 3 4	
SPARRING		
13) Good use of lateral motion & lead leg	0 1 2 3 4	
THROWS		
14) ARM & HIP THROW	0 1 2 3 4	
OTHER		
15) INTERNATIONAL SPARRING	0 1 2 3 4	

JUDGE NAME: _____ JUDGE INITIALS: _____
RANK EARNED: _____ COMMENTS: _____

CIRCLE RANK EARNED:

5-P (5TH GUP PERMANENT)

4-T (4TH GUP TEMPORARY)

4-P (4TH GUP PERMANENT)