AMERICAN MARTIAL ARTS ACADEMY

PD \_\_\_\_\_\_\_\_\_\_\_\_\_

CK # \_\_\_\_\_\_\_\_\_\_\_

Cash \_\_\_\_\_\_\_\_\_\_\_

TESTING FORM: 8TH GUP PURPLE BELT TO 7TH GUP ORANGE BELT

Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TESTING FEE: $ 25.00

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

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

TECHNIQUE SCORE COMMENTS

|  |  |  |
| --- | --- | --- |
| **BLOCKS** | | |
| **1)** OPEN HAND HIGH | 0 1 2 3 4 |  |
| **2)** OPEN HAND LOW | 0 1 2 3 4 |  |
| **STRIKES** | | |
| **3)** ELBOW ACROSS | 0 1 2 3 4 |  |
| **4)** ELBOW BACK SUPPORTED | 0 1 2 3 4 |  |
| **5)** RIDGE HAND | 0 1 2 3 4 |  |
| **KICKS** | | |
| **6)** REVERSE BACK KICK | 0 1 2 3 4 |  |
| **7)** HOOK KICK | 0 1 2 3 4 |  |
| **8)** FRONT KICK/ROUNDHOUSE | 0 1 2 3 4 |  |
| **STANCE** | | |
| **9)** WALKING IN HORSERIDE | 0 1 2 3 4 |  |
| **10)** 4 DIRECTIONAL MOVEMENT | 0 1 2 3 4 |  |
| **FORM** | | |
| **11)** KEE CHO HYUNG SAM BOO | 0 1 2 3 4 |  |
| **SELF DEFENSE** | | |
| **12)–**BEAR HUG Front/Back | 0 1 2 3 4 |  |
| **ONE STEPS** | | |
| **13)** - OPEN HAND HIGH/ELBOW ACROSS  - IN TO OUT BLOCK/PALM STIRKE,  - OUT TO IN BLOCK/SPIN ELBOW BACK | 0 1 2 3 4 |  |
| **TERMINOLOGY** | | |
| **14)** -ATTENTION: CHA RYUT  -BOW: KYUNG YET  -READY STANCE: JOON BEE | 0 1 2 3 4 |  |
| **SPARRING** | | |
| **15)** -BASIC HAND AND FOOT MOTIONS  JUDGE NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ JUDGE INITIALS: \_\_\_\_\_\_\_\_\_\_\_\_  RANK EARNED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COMMENTS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **CIRCLE RANK EARNED:**  8-P (8TH GUP PERMANENT) 7-T (7TH GUP TEMPORARY) 7-P(7TH GUP PERMANENT | 0 1 2 3 4 |  |