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

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| **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 |  |