

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
BLOCKS		
1) SCISSOR BLOCK	0 1 2 3 4	
2) FORWARD SUDO BLOCK	0 1 2 3 4	
STRIKES		
3) SIDE SUDO HAND	0 1 2 3 4	
4) PIERCING HAND	0 1 2 3 4	
5) SPEAR HAND	0 1 2 3 4	
KICKS		
6) AX KICK	0 1 2 3 4	
7) ROUNDHOUSE/HOOK KICK	0 1 2 3 4	
8) FLYING SIDE KICK	0 1 2 3 4	
STANCE		
9) CLOSED FRONT STANCE	0 1 2 3 4	
10) SHORT BASKET STANCE	0 1 2 3 4	
FORM		
11) PYUNG AHN CHO DAN	0 1 2 3 4	
SELF DEFENSE		
12) SELF DEFENSE – WRIST BENDS	0 1 2 3 4	
ONE STEPS		
13) ONE STEPS -OUT TO IN CRESCENT/REVERSE BACK KICK -SUDO BLOCK/ELBOW ACROSS/ELBOW BACK -SUDO BLOCK/ROUNDHOUSE/AX KICK	0 1 2 3 4	
SPARRING		
11) SPARRING-	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)