

BRIO TAEKWONDO WRITTEN TEST

1. White Belt Testing for White with Yellow Stripe Belt

Test Fee \$50

Name: _____

1. Where do you bow first when you enter the school?

- a) Black Belt b) Friend c) Flags d) Senior Belts

2. What type of martial art are you doing?

- a) Taekwondo b) Kung-Fu c) Karate d) Judo

3. In what country did Taekwondo originate from?

- a) Korea b) China c) Japan d) Philippines

4. What can you do to show respect for your family?

5. How has Taekwondo affected your daily life? Explain

Mentally:

Physically:

Emotionally:

6. What is your favorite drill or technique? Why?

7. How do you say Taekwondo school in Korean?

BRIO TAEKWONDO

Name: _____ Date of Birth: _____ Age: _____

Present Rank: _____ Applied Rank: _____

Date of Test: _____ Belt Size: _____

	A+	A	B	C	D	Comments
Stances and Movements						
Endurance / Conditioning						
Kicking Technique						
Foot Work						
Blocking and Punches Drills						
Motion Blocks						
Forms (Poomse)						
Respect / Focus						
Flexibility						
Sparring Technique						
Board Breaking						