

## BRIO TAEKWONDO WRITTEN TEST

2. White with Yellow Stripe Tip Belt Testing for ½ Yellow ½ White Belt

Test Fee \$50

Name: \_\_\_\_\_

1. Mention 3 kicks you have learned

2. Why do you yell in Taekwondo?

a) Concentration and Power    b) Fun    c) Meditation

3. What part of your foot do you use in push kick?

4. How has Taekwondo affected your daily life? Explain

Mentally:

Physically:

Emotionally:

5. What would you like to improve before your next belt test?

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
<b>Stances and Movements</b>						
<b>Endurance / Conditioning</b>						
<b>Kicking Technique</b>						
<b>Foot Work</b>						
<b>Blocking and Punches Drills</b>						
<b>Motion Blocks</b>						
<b>Forms (Poomse)</b>						
<b>Respect / Focus</b>						
<b>Flexibility</b>						
<b>Sparring Technique</b>						
<b>Board Breaking</b>						