

BRIO TAEKWONDO WRITTEN TEST

3. ½ Yellow ½ White Belt Testing for Yellow with White Stripe Belt

Test Fee \$50

Name: _____

1. Mention 3 blocks you have learned

2. What does Char-ri-ot mean?

a) Bow b) Attention c) Thank you

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

4. How has Taekwondo affected your daily life? Explain

Mentally:

Physically:

Emotionally:

5. What do you like practicing in Taekwondo?

6. How do you say Chest Guard 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						