

BRIO TAEKWONDO WRITTEN TEST

4. Yellow with White Stripe Belt Testing for Yellow Belt

Test Fee \$55

Name: _____

1. Mention 3 stances you have learned

2. What does Sa-bum-nim mean?

a) Grand Master b) Instructor c) Master

3. What is the main difference between Round House kick and Fast 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 Flag 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						