

BRIO TAEKWONDO WRITTEN TEST

5. Yellow Belt Testing for Yellow with Green stripe Belt

Test Fee \$55

Name: _____

1. Mention a new stance you have learned

2. What does Kyo-sa-nim mean?
 - a) Grand Master
 - b) Instructor
 - c) Master

3. What is the main difference between Push kick and Cut kick?

4. How has Taekwondo affected your daily life? Explain
 - Mentally:
 - Physically:
 - Emotionally:

5. What has been the most difficult part to learn in Taekwondo?

6. How did you overcome this difficulty?

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						