

BRIO TAEKWONDO WRITTEN TEST

7. ½ Green ½ Yellow belt Testing for Green with Yellow Stripe belt

Test Fee \$60

Name: _____

1. Which one is your favorite block? Why?

2. What does Kam-sam-nida mean?

a) Bow b) Master c) Thank you

3. What is difference between Defensive block and Offensive strike?

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						