

BRIO TAEKWONDO WRITTEN TEST

8. Green with Yellow Stripe belt Testing for Green Belt

Test Fee \$60

Name: _____

1. Which one is your favorite kick? Why?

2. What does Joon-bi mean?

- a) Back to ready b) Ready Stance c) Thank you

3. How many Joon-bi's do you know?

4. What is difference between High punch, Middle punch, and Low punch?

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						