

BRIO TAEKWONDO WRITTEN TEST

9. Green belt Testing for Green with Blue Stripe Belt

Test Fee \$60

Name: \_\_\_\_\_

1. Which one is your favorite drill in Taekwondo? Why?

2. What does Do-bok mean?

a) TKD school                      b) Uniform                      c) Flags

3. How many Stances do you know?

4. What does “timing” in Poomsae mean?

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
<b>Stances and Movements</b>						
<b>Endurance / Conditioning</b>						
<b>Kicking Technique</b>						
<b>Foot Work</b>						
<b>Blocking and Punches Drills</b>						
<b>Motion Blocks</b>						
<b>Forms (Poomse)</b>						
<b>Respect / Focus</b>						
<b>Flexibility</b>						
<b>Sparring Technique</b>						
<b>Board Breaking</b>						