

BRIO TAEKWONDO WRITTEN TEST

12. Blue with Green stripe belt Testing for Blue Belt

Test Fee \$65

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

1. What is the name of your form in Korean? What does it mean?
2. How many different stances are in your form?
3. How many Kicks are in your form? Which kicks?
4. What does “timing” in Poomsae mean?
5. What is the difference from Horse stance and long stance? Explain with detail the position of each leg, distance etc.

# 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>						