

BRIO TAEKWONDO WRITTEN TEST

13. Blue belt Testing for Blue with Red Stripe Belt

Test Fee \$70

Name: _____

1. What is the name of your form in Korean? What does it mean?
2. What area are you blocking with an inside-out block?
3. What area are blocking with an outside-in block?
4. Mention two advanced kicks you like?
5. What is the difference from Back stance and “Relax” 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
Stances and Movements						
Endurance / Conditioning						
Kicking Technique						
Foot Work						
Blocking and Punches Drills						
Motion Blocks						
Forms (Poomse)						
Respect / Focus						
Flexibility						
Sparring Technique						
Board Breaking						