

BRIO TAEKWONDO WRITTEN TEST

15. ½ Blue ½ Red belt Testing for Red with Blue stripe Belt

Test Fee \$75

Name: _____

1. What is the name of your form in Korean? What does it mean?
2. Which leg returns to “Barrow” when you complete Yook-jang form?
3. What is the difference between inside palm strike to outside palm strike?
4. How many kicks are in your form?
5. How many types of kicks are in your form?

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						