

## BRIO TAEKWONDO WRITTEN TEST

18. Red with Black stripe belt Testing for “Poom” ½ Red ½ Black Belt

Test Fee \$80

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

1. Mention all the stances you know.
2. How many Taeguks are there? Name them in Korean
3. How many kicks do you know?
4. Which ones do you want to improve?
5. What does “Brio” mean? And what does it mean to you and in Taekwondo?

# 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>						