

Little Dragon Written Test #1

White Belt Testing for Orange/White Stripe Belt

1. How do we dress-up for Taekwondo class?



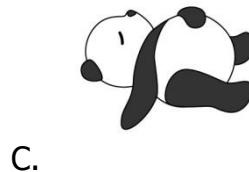
2. What is the name of your instructor?

- a. Lisethe b. Ms. Lisethe

3. Select the correct answer for Cha-ry-uht.



4. Select the one that is kicking.



BRIO TAEKWONDO
Little Dragon Test \$40

White Belt Testing for Orange/White Stripe Belt

Name: _____ Date of Birth: _____ Age: ____

Present Rank: _____ Applied Rank: _____

Date of Test: _____ Belt Size: _____

A+

Comments

A B C D

| | A+ | A | B | C | D | Comments |
|-----------------------|----|---|---|---|---|----------|
| Stances and Movements | | | | | | |
| Following Directions | | | | | | |
| Kicking Technique | | | | | | |
| Coordination | | | | | | |
| Balance | | | | | | |
| Motion Blocks | | | | | | |
| Forms (Poomse) | | | | | | |
| Sparring Technique | | | | | | |
| Focus | | | | | | |
| Flexibility | | | | | | |
| Endurance | | | | | | |
| Respect | | | | | | |
| Board Breaking | | | | | | |

