



WHITE BELT TEST



NAME: _____
 CURRENT BELT LEVEL AND DEGREE: _____
 LOCATION AND CLASS TIME: _____

Date: _____
 BELT SIZE: _____

ATTENTION STANCE
 RELAX STANCE
 HORSE STANCE
 READY STANCE
 SELF DEFENSE STANCE

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

HORSE STANCE:

THREE PUNCHES

1	2	3	4	5
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SELF DEFENSE STANCE:

HIGH BLOCK
 LOW BLOCK
 OUTSIDE BLOCK
 INSIDE BLOCK
 REVERSE PUNCH
 JAB PUNCH
 COMBINATION HIGH BLOCK / REVERSE PUNCH
 COMBINATION LOW BLOCK / REVERSE PUNCH
 FRONT SNAP KICK (BACK LEG)
 FRONT SNAP KICK STEPPING FORWARD
 SIDE KICK
 SKIP SIDE KICK

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

SELF DEFENSE FROM BEAR HUG
 SELF DEFENSE FROM WRIST GRAP

1	2	3	4	5
1	2	3	4	5

DISCIPLINE:
 CONFIDENCE:

1	2	3	4	5
1	2	3	4	5

TOTAL POINTS AVAILABLE: 110
 TOTAL POINTS NEEDED TO PASS: 65

TOTAL POINTS EARNED: _____

STUDENT PASS: _____

Y / N

RE TEST NEEDED: _____

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED: _____

Y / N

NEW BELT LEVEL: _____



YELLOW BELT TEST 1ST - 3RD DEGREE



NAME: _____
CURRENT BELT LEVEL AND DEGREE: _____
LOCATION AND CLASS TIME: _____

Date: _____
BELT SIZE: _____

1ST DEGREE

SELF DEFENSE STANCE:

- COMBO: HIGH-MIDDLE-LOW BLOCK/REVERSE PUNCH
- COMBO: JAB/REVERSE PUNCH
- COMBO: BACKFIST/REVERSE PUNCH
- FRONT SNAP KICK STEPPING FORWARD
- FRONT ROUNDHOUSE KICK FRONT LEG
- TURNING ROUNDHOUSE KICK STEPPING FORWARD
- DOUBLE FOREARM BLOCK
- GUARDING BLOCK

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

READY STANCE:

- LOW REAR HAMMER FIST - (STEP OUT RIGHT LEG)
- MID REAR ELBOW STRIKE - (STEP OUT LEFT LEG)
- BACK KICK (STATIONARY)

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

SELF DEFENSE STANCE:

- PRESS KICK (SHIN LEVEL SIDE KICK)
- COMBO: SKIP SIDE KICK/JAB/REVERSE PUNCH

1	2	3	4	5
1	2	3	4	5

- SELF DEFENSE OFF BEAR HUG
- SELF DEFENSE OFF WRIST GRAB

1	2	3	4	5
1	2	3	4	5

- DISCIPLINE:
- CONFIDENCE:

1	2	3	4	5
1	2	3	4	5

TOTAL POINTS AVAILABLE: 85
TOTAL POINTS NEEDED TO PASS: 51

TOTAL POINTS EARNED: _____

STUDENT PASS: _____

Y / N

RE TEST NEEDED: _____

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED: _____

Y / N

NEW BELT LEVEL: _____

2ND DEGREE

SELF DEFENSE STANCE

PALM HEEL PUSH FRONT/BACK HAND
KNEE STRIKE (GROIN) FRONT/BACK LEG
SKIP ROUND HOUSE KICK
FRONT KICK FRONT LEG

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

TOTAL POINTS AVAILABLE: 105
TOTAL POINTS NEEDED TO PASS: 63

TOTAL POINTS EARNED: _____

STUDENT PASS:

Y / N

RE TEST NEEDED:

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED:

Y / N

NEW BELT LEVEL: _____

3RD DEGREE

READY STANCE

HIGH REAR ELBOW STRIKE (STEP OUT RIGHT LEG)
TURNING BACK KICK STEPPING FORWARD

1	2	3	4	5
1	2	3	4	5

TOTAL POINTS AVAILABLE: 115
TOTAL POINTS NEEDED TO PASS: 69

TOTAL POINTS EARNED: _____

STUDENT PASS:

Y / N

RE TEST NEEDED:

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED:

Y / N

NEW BELT LEVEL: _____



ORANGE BELT TEST 1ST THROUGH 4TH DEGREE



NAME: _____
CURRENT BELT LEVEL AND DEGREE: _____
LOCATION AND CLASS TIME: _____

Date: _____
BELT SIZE: _____

ANY DEDUCTIONS OR ADDITIONS FROM PREVIOUS TESTING, WHITE
YELLOW / KICKS/ PUNCHES/DISCIPLINE

ADD	1	2	3	4	5
SUBTRACT	1	2	3	4	5

1ST DEGREE

DEFENSIVE POSTURES:

CASUAL, RELAXED # 1
DEFENSIVE POSTURE # 2
DEFENSIVE POSTURE # 3

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

FROM GROUND:

FRONT SNAP KICK AND ROLL OVER BACK KICK

1	2	3	4	5
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SELF DEFENSE STANCE:

ONE BLOCK STEP AWAY BLOCKING
LOW BLOCK/BACKFIST
HIGH BLOCK/REVERSE PUNCH

1	2	3	4	5
1	2	3	4	5

DEFENSIVE POSTURE #2:

ONE BLOCK STEP AWAY BLOCKING
INSIDE BLOCK/BACKFIST
OUTSIDE BLOCK/REVERSE PUNCH

1	2	3	4	5
1	2	3	4	5

STEP IN COUNTER ATTACK:

REVERSE PUNCH
BACKFIST
JAB PUNCH

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

SELF DEFENSE STANCE:

HIGH DOWNWARD HAMMER FIST (BACK HAND)
CRESCENT KICK (STEPPING FORWARD IN TO OUT)
CRESCENT KICK (STEPPING FORWARD OUT TO IN)
KNIFEHAND STRIKE (FRONT AND BACK HAND)
SKIP FRONT SNAP KICK

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

SELF DEFENSE:

- SELF DEFENSE FROM BEAR HUG
- SELF DEFENSE FROM WRIST GRAB
- SELF DEFENSE FROM CROSS SHOULDER GRAB

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

DISCIPLINE:
CONFIDENCE:

1	2	3	4	5
1	2	3	4	5

TOTAL POINTS AVAILABLE: 110
TOTAL POINTS NEEDED TO PASS: 66

TOTAL POINTS EARNED:

STUDENT PASS:

Y / N

RE TEST NEEDED:

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED:

Y / N

NEW BELT LEVEL:

2ND DEGREE

SELF DEFENSE STANCE:

- RIDGEHAND STRIKE (FRONT AND BACK HAND)
- TURNING SIDE KICK (STEPPING FORWARD)

1	2	3	4	5
1	2	3	4	5

- TWO BLOCK STEP AWAY BLOCKING
- LOW/HIGH - HIGH DOWNWARD HAMMER FIST

1	2	3	4	5
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TOTAL POINTS AVAILABLE: 125
TOTAL POINTS NEEDED TO PASS: 75

TOTAL POINTS EARNED:

STUDENT PASS:

Y / N

RE TEST NEEDED:

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED:

Y / N

NEW BELT LEVEL:

3RD AND 4TH DEGREE

SELF DEFENSE STANCE:

FRONT LEG CRESCENT KICK (OUT TO IN)

1	2	3	4	5
1	2	3	4	5

FRONT LEG CRESCENT KICK (IN TO OUT)

ADVANCED 2 BLOCK STEP AWAY BLOCKING FROM SELF DEFENSE STANCE:

LOW/OUT/FRONT SNAP KICK (STEPPING FORWARD) -

KNIFEHAND STRIKE (STEPPING IN)

1	2	3	4	5
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ADVANCED 2 BLOCK STEP AWAY BLOCKING FROM DEFENSIVE POSTURE:

IN/HIGH/KNEE STRIKE (STEPPING FORWARD) - HIGH

DOWNWARD HAMMER FIST (STEPPING IN) - BACK HAND

1	2	3	4	5
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TOTAL POINTS AVAILABLE: 145

TOTAL POINTS NEEDED TO PASS: 87

TOTAL POINTS EARNED:

STUDENT PASS:

Y / N

RE TEST NEEDED:

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED:

Y / N

NEW BELT LEVEL:



PURPLE BELT TEST

1ST THROUGH 4TH DEGREE



NAME: _____
 CURRENT BELT LEVEL AND DEGREE: _____
 LOCATION AND CLASS TIME: _____

Date: _____
 BELT SIZE: _____

ANY DEDUCTIONS OR ADDITIONS FROM PREVIOUS TEST:

ADD	1	2	3	4	5
SUBTRACT	1	2	3	4	5

1ST DEGREE

SELF DEFENSE STANCE

- UPWARD ELBOW STRIKE (FRONT AND BACK ARM)
- DOWNWARD ELBOW STRIKE (FRONT AND BACK ARM)
- SCOOP KICK (FRONT AND BACK LEG)
- KNEE STRIKE (BACK LEG) (THIGH)
- ADVANCED BLOCKING (BACK ARM) HIGH/LOW/IN/OUT

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

HAND RELEASES:

- SAME SIDE WRIST GRAB

1	2	3	4	5
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THREE STEP PROGRAMMED SPARRING:

#1

1	2	3	4	5
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- FORM 14-16 MOVES
- SPARRING

1	2	3	4	5
1	2	3	4	5

DISCIPLINE:

1	2	3	4	5
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CONFIDENCE:

1	2	3	4	5
---	---	---	---	---

TOTAL POINTS AVAILABLE: 55
 TOTAL POINTS NEEDED TO PASS: 39

TOTAL POINTS EARNED: _____

STUDENT PASS: _____

Y / N

RE TEST NEEDED: _____

Y / N

PERFECT ATTENDANCE AWARD TO BE RECEIVED: _____

Y / N

NEW BELT LEVEL: _____

2ND DEGREE

SELF DEFENSE STANCE:

REVERSE TURNING SIDE KICK (STEPPING FORWARD)

1	2	3	4	5
1	2	3	4	5

REVERSE TURNING KNIFE HAND STRIKE (FRONT HAND)

HAND RELEASE:

CROSS GRAB

1	2	3	4	5
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THREE STEP PROGRAMMED SPARRING:

#2

1	2	3	4	5
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TOTAL POINTS AVAILABLE: 75

TOTAL POINTS NEEDED TO PASS: 53

TOTAL POINTS EARNED _____

3RD DEGREE

SELF DEFENSE STANCE:

SPINNING CRESCENT KICK

1	2	3	4	5
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THREE BLOCK STEP AWAY BLOCKING:

LOW/OUT/IN - TURNING SIDE KICK (STEPPING FORWARD)

1	2	3	4	5
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HAND RELEASE:

TWO ON ONE

1	2	3	4	5
---	---	---	---	---

THREE STEP PROGRAMMED SPARRING:

#3

1	2	3	4	5
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TOTAL POINTS AVAILABLE: 95

TOTAL POINTS NEEDED TO PASS: 71

TOTAL POINTS EARNED _____

4TH DEGREE

SELF DEFENSE STANCE:

SWEEPING ELBOW STRIKE

1	2	3	4	5
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DEFENSIVE POSTURE:

THREE BLOCK STEP AWAY BLOCKING:

OUT/IN/HIGH - KNEE STRIKE (BACK LEG) (THIGH)

1	2	3	4	5
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HAND RELEASE:

TWO ON TWO

TWO HAND GRAB FROM BEHIND

1	2	3	4	5
1	2	3	4	5

THREE STEP PROGRAMMED SPARRING:

#4

#5

1	2	3	4	5
1	2	3	4	5

2 RANDOM MOVES FROM LOWER BELT:

#1

#2

1	2	3	4	5
1	2	3	4	5

BREAK BOARD; FRONT SNAP KICK

Y / N

TOTAL POINTS AVAILABLE: 135

TOTAL POINTS NEEDED TO PASS: 101

TOTAL POINTS EARNED



GREEN BELT TEST 1ST THROUGH 4TH DEGREE



NAME: _____
CURRENT BELT LEVEL AND DEGREE: _____
LOCATION AND CLASS TIME: _____

Date: _____
BELT SIZE: _____

ANY DEDUCTIONS OR ADDITIONS FROM PREVIOUS TEST:

ADD	1	2	3	4	5
SUBTRACT	1	2	3	4	5

1ST DEGREE

SELF DEFENSE STANCE:

TURNING BACKFIST
TURNING REVERSE KNIFE HAND STRIKE
AXE KICK
FOOT STOMP

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

CHOKE HOLDS:

SINGLE HAND CHOKE

1	2	3	4	5
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TWO STEP PROGRAMMED SPARRING:

#1

1	2	3	4	5
---	---	---	---	---

FORMS: 16-18 MOVES

1	2	3	4	5
---	---	---	---	---

SPARRING:

1	2	3	4	5
---	---	---	---	---

TWO ON ONE SPARRING

1	2	3	4	5
---	---	---	---	---

DISCIPLINE:

1	2	3	4	5
---	---	---	---	---

CONFIDENCE:

1	2	3	4	5
---	---	---	---	---

TOTAL POINTS AVAILABLE: 55

TOTAL POINTS NEEDED TO PASS: 39

TOTAL POINTS EARNED _____

2ND DEGREE

SELF DEFENSE STANCE:

TURNING MID ELBOW STRIKE
TURNING HIGH ELBOW STRIKE
STEP JUMP FRONT SNAP KICK

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

DEFENSE AGAINST PUNCHING

1	2	3	4	5
---	---	---	---	---

CHOKE HOLDS:

TWO HAND CHOKE

1	2	3	4	5
---	---	---	---	---

TWO STEP PROGRAMMED SPARRING:

#2

1	2	3	4	5
---	---	---	---	---

TOTAL POINTS AVAILABLE: 85

TOTAL POINTS NEEDED TO PASS: 60

TOTAL POINTS EARNED _____

3RD DEGREE

SELF DEFENSE STANCE:

SKIP CRESCENT KICK (OUT TO IN)
ARK HAND STRIKE

1	2	3	4	5
1	2	3	4	5

4 BLOCK STEP AWAY BLOCKING:**SELF DEFENSE STANCE:**

LOW/OUT/IN/HIGH - TURNING ROUNDHOUSE KICK
(STEPPING FORWARD) DOWNWARD ELBOW STRIKE
(STEPPING FORWARD) SWEEPING ELBOW STRIKE
(STEPPING IN)

1	2	3	4	5
---	---	---	---	---

3 RANDOM MOVES FROM LOWER BELT LEVEL:

- 1) _____
- 2) _____
- 3) _____

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

CHOKE HOLDS:

SINGLE HAND CHOKE HOLD FROM BEHIND

1	2	3	4	5
---	---	---	---	---

TWO STEP PROGRAMMED SPARRING

#3

1	2	3	4	5
---	---	---	---	---

TOTAL POINTS AVAILABLE: 125

TOTAL POINTS NEEDED TO PASS: 94

TOTAL POINTS EARNED _____

4TH DEGREE

SELF DEFENSE STANCE:

STEP AXE KICK

1	2	3	4	5
1	2	3	4	5

JUMPING SIDE KICK

4 BLOCK STEP AWAY BLOCKING:

DEFENSIVE POSTURE #2:

LOW/HIGH/IN/OUT - KNEE STRIKE (STEPPING FORWARD)

KNIFEHAND STRIKE (STEPPING IN) UPWARD ELBOW STRIKE

(STEPPING FORWARD)

1	2	3	4	5
---	---	---	---	---

CHOKE HOLDS:

TWO HAND CHOKE FROM BEHIND

REAR NECK CHOKE

1	2	3	4	5
1	2	3	4	5

TWO STEP PROGRAMMED SPARRING:

#4

#5

1	2	3	4	5
1	2	3	4	5

BREAK BOARD; AXE KICK

Y/N

TOTAL POINTS AVAILABLE: 160

TOTAL POINTS NEEDED TO PASS: 120

TOTAL POINTS EARNED



BLUE BELT TEST

1ST THROUGH 4TH DEGREE



NAME: _____
CURRENT BELT LEVEL AND DEGREE: _____
LOCATION AND CLASS TIME: _____

Date: _____
BELT SIZE: _____

ANY DEDUCTIONS OR ADDITIONS FROM PREVIOUS TEST:

ADD	1	2	3	4	5
SUBTRACT	1	2	3	4	5

1ST DEGREE

SITTING SIDE KICK

1	2	3	4	5
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SELF DEFENSE STANCE:

DOWNWARD SWEEPING ELBOW STRIKE (FRONT AND BACK ARM)
ROUND HOUSE - BACK KICK

1	2	3	4	5
1	2	3	4	5

READY STANCE:

LOW REAR HAMMER FIST - HIGH BACK FIST

1	2	3	4	5
---	---	---	---	---

BEAR HUGS:

FROM FRONT OVER ARMS

1	2	3	4	5
---	---	---	---	---

ONE STEP PROGRAMMED SPARRING:

#1

1	2	3	4	5
---	---	---	---	---

4 RANDOM MOVES FROM LOWER BELT LEVELS:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

FORMS 18-20 MOVES

SPARRING TWO ON ONE

1	2	3	4	5
1	2	3	4	5

DISCIPLINE:

CONFIDENCE:

1	2	3	4	5
1	2	3	4	5

TOTAL POINTS AVAILABLE: 70

TOTAL POINTS NEEDED TO PASS: 49

TOTAL POINTS EARNED: _____

2ND DEGREE

SELF DEFENSE STANCE:

UPWARD SWEEPING ELBOW STRIKE (FRONT & BACK ELBOW)
STEPPING BACK KICK
CRESCENT KICK (OUT TO IN) - BACK KICK - ROUND HOUSE

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

STEP AWAY BLOCKING:

3 BLOCKS & 2 KICKS OF YOUR CHOICE

1	2	3	4	5
---	---	---	---	---

BEAR HUGS:

FROM FRONT UNDER ARMS AROUND WAIST

1	2	3	4	5
---	---	---	---	---

ONE STEP PROGRAMMED SPARRING:

#2

1	2	3	4	5
---	---	---	---	---

TOTAL POINTS AVAILABLE: 100

TOTAL POINTS NEEDED TO PASS: 70

TOTAL POINTS EARNED: _____

3RD DEGREE

SELF DEFENSE STANCE:

JAB REVERSE PUNCH - FRONT SNAP KICK
SPINNING ELBOW - SIDE KICK
PUNCH BLOCK - SPINNING ELBOW

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

4 MOVE ATTACK

2 KICKS & 2 BLOCKS OR PUNCHES OF YOUR CHOICE

1	2	3	4	5
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BEAR HUGS:

BASIC BEAR HUG FROM BEHIND - OVER ARMS

1	2	3	4	5
---	---	---	---	---

ONE STEP PROGRAMMED SPARRING:

#3

1	2	3	4	5
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TOTAL POINTS AVAILABLE: 130

TOTAL POINTS NEEDED TO PASS: 98

TOTAL POINTS EARNED: _____

4TH DEGREE

SELF DEFENSE STANCE:

PUNCH-SPINNING BACK FIST

1	2	3	4	5
1	2	3	4	5

SIDE KICK - TURNING SIDE KICK - SPINNING CRESCENT KICK

BEAR HUGS:

FROM BEHIND

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

UNDERARMS AROUND WAIST

FULL NELSON

ONE STEP PROGRAMMED SPARRING:

#4

1	2	3	4	5
1	2	3	4	5

#5

BREAK BOARD:

FRONT SIDE KICK

Y / N

TOTAL POINTS AVAILABLE: 165

TOTAL POINTS NEEDED TO PASS: 124

TOTAL POINTS EARNED: _____



RED BELT TEST

1ST THROUGH 4TH DEGREE



NAME: _____
CURRENT BELT LEVEL AND DEGREE: _____
LOCATION AND CLASS TIME: _____

Date: _____
BELT SIZE: _____

ANY DEDUCTIONS OR ADDITIONS FROM PREVIOUS TEST:

ADD	1	2	3	4	5
SUBTRACT	1	2	3	4	5

1ST DEGREE

SELF DEFENSE STANCE:

HOOK KICK

1	2	3	4	5
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SPINNING HEEL KICK

1	2	3	4	5
---	---	---	---	---

SPEAR THRUST

1	2	3	4	5
---	---	---	---	---

KNIFE ATTACKS:

OVER HEAD

1	2	3	4	5
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RED BELT ONE STEP PROGRAMMED SPARRING

#1

1	2	3	4	5
---	---	---	---	---

5 RANDOM MOVES FROM LOWER LEVEL

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

READY STANCE:

CRANE STANCE

1	2	3	4	5
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FORM 18-20 MOVES

SPARRING TWO ON ONE

1	2	3	4	5
1	2	3	4	5

DISCIPLINE

RESPECT

CONFIDENCE

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

TOTAL POINTS AVAILABLE: 80

TOTAL POINTS NEEDED TO PASS: 56

TOTAL POINTS EARNED: _____

2ND DEGREE

SELF DEFENSE STANCE:SKIP HOOK KICK
DIAMOND BLOCK

1	2	3	4	5
1	2	3	4	5

TWO ATTACKERS

1	2	3	4	5
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KNIFE ATTACKS:

STRAIGHT IN

1	2	3	4	5
---	---	---	---	---

RED BELT ONE STEP PROGRAMMED SPARRING

#2

1	2	3	4	5
---	---	---	---	---

TOTAL POINTS AVAILABLE: 105

TOTAL POINTS NEEDED TO PASS: 74

TOTAL POINTS EARNED: _____

3RD DEGREE

SELF DEFENSE STANCE:SPINNING HOOK KICK
PARTIAL MOUNTAIN BLOCK
UPPER ELBOW STRIKE (STEPPING FORWARD) (FRONT HAND)
DOWNWARD ELBOW STRIKE (STEPPING FORWARD)
(FRONT HAND)

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

1	2	3	4	5
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KNIFE ATTACKS:UPPER CUT
SLASH

1	2	3	4	5
1	2	3	4	5

RED BELT ONE STEP PROGRAMMED SPARRING

#3

1	2	3	4	5
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TOTAL POINTS AVAILABLE: 140

TOTAL POINTS NEEDED TO PASS: 105

TOTAL POINTS EARNED: _____

4TH DEGREE

SELF DEFENSE STANCE:

- UPPER ELBOW STRIKE (STEPPING IN) (FRONT HAND)
- DOWNWARD ELBOW STRIKE (STEPPING IN) (BACK HAND)

KNIFE ATTACKS FROM BACK:

- STRAIGHT IN CENTER OF BACK
- KNIFE AT THROAT

RED BELT ONE STEP PROGRAMMED SPARRING

- #4
- #5

BREAK BOARD:

PUNCH

Y / N

TOTAL POINTS AVAILABLE: 170

TOTAL POINTS NEEDED TO PASS: 119

TOTAL POINTS EARNED: _____



BROWN BELT TEST

1ST THROUGH 4TH DEGREE



NAME: _____
CURRENT BELT LEVEL AND DEGREE: _____
LOCATION AND CLASS TIME: _____

Date: _____
BELT SIZE: _____

ANY DEDUCTIONS OR ADDITIONS FROM PREVIOUS TEST:

ADD	1	2	3	4	5
SUBTRACT	1	2	3	4	5

1ST DEGREE

SELF DEFENSE STANCE:

SWEEPING ELBOW STRIKE (STEPPING IN) (BACK HAND)

1	2	3	4	5
1	2	3	4	5

SWEEPING ELBOW STRIKE (STEPPING FORWARD)
(BACK HAND)

SWEEPING MID HAMMER FIST (FRONT & BACK HAND)

1	2	3	4	5
---	---	---	---	---

KNIFE ATTACKS TAKE DOWN:

OVER HEAD

1	2	3	4	5
1	2	3	4	5

STRAIGHT IN

5 RANDOM MOVES FROM LOWER BELT LEVEL:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

BLOCK PUNCH COMBINATIONS:

INSIDE BLOCK / BACKFIST / REVERSE PUNCH

1	2	3	4	5
---	---	---	---	---

OUTSIDE BLOCK / REVERSE PUNCH / INSIDE BLOCK /
BACK FIST

1	2	3	4	5
---	---	---	---	---

FORM 20-25 MOVES

DISCIPLINE

RESPECT

FOCUS

HUMILITY

CONFIDENCE

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

BREAK BOARD; KNIFE HAND

Y / N

TOTAL POINTS AVAILABLE: 90
TOTAL POINTS NEEDED TO PASS: 63
TOTAL POINTS EARNED: _____

2ND DEGREE

SELF DEFENSE STANCE:

HIGH SWEEPING HAMMER FIST (FRONT & BACK HAND)
PALM HEEL PUSH (STEPPING FORWARD) (BACK HAND)
PALM HEEL PUSH (STEPPING IN) (FRONT HAND)

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

BLOCK PUNCH COMBINATION:

GUARDING BLOCK / BACKFIST / REVERSE PUNCH
INSIDE BLOCK / BACKFIST / REVERSE PUNCH

1	2	3	4	5
1	2	3	4	5

FLYING SIDE KICK

1	2	3	4	5
---	---	---	---	---

KNIFE ATTACKS TAKE DOWN:

UPPER CUT
BACK SLASH

1	2	3	4	5
1	2	3	4	5

BREAK BOARD:

????

1	2	3	4	5
---	---	---	---	---

TOTAL POINTS AVAILABLE: 135
TOTAL POINTS NEEDED TO PASS: 95
TOTAL POINTS EARNED: _____

3RD DEGREE

SELF DEFENSE STANCE:

STEP SKIP FRONT SNAP KICK

1	2	3	4	5
---	---	---	---	---

UPWARD ELBOW STRIKE (STEPPING FORWARD)
(FRONT HAND)

1	2	3	4	5
---	---	---	---	---

DOWNWARD ELBOW STRIKE (STEPPING FORWARD)
(FRONT HAND)

1	2	3	4	5
---	---	---	---	---

BLOCK PUNCH COMBINATION:HIGH BLOCK / REVERSE PUNCH / INSIDE BLOCK /
REVERSE TURNING KNIFE HAND

1	2	3	4	5
---	---	---	---	---

LOW BLOCK / PALM HEEL PUSH (BACK HAND) /
SWEEPING ELBOW STRIKE (FRONT HAND)

1	2	3	4	5
---	---	---	---	---

KNIFE ATTACK TAKE DOWNS:

STRAIGHT IN BACK

1	2	3	4	5
---	---	---	---	---

AROUND NECK FROM BACK

1	2	3	4	5
---	---	---	---	---

TOTAL POINTS AVAILABLE: 170

TOTAL POINTS NEEDED TO PASS: 128

TOTAL POINTS EARNED: _____

4TH DEGREE

SELF DEFENSE STANCE:

360 DEGREE ROUND HOUSE

1	2	3	4	5
---	---	---	---	---

BLOCK PUNCH COMBINATIONS:DOUBLE FOREARM BLOCK / BACK FIST / UPWARD ELBOW
STRIKE (STEPPING FORWARD)

1	2	3	4	5
---	---	---	---	---

UPWARD ELBOW STRIKE (STEPPING IN) (BACK HAND) /
DOWNWARD ELBOW STRIKE (STEPPING IN) (BACK HAND)

1	2	3	4	5
---	---	---	---	---

KICKING COMBINATION:

SHOW WHAT YOU KNOW

1	2	3	4	5
---	---	---	---	---

BREAK BOARD (3 SEPARATE BOARDS AND TECHNIQUES):

1) _____

Y / N

2) _____

Y / N

3) _____

Y / N

TOTAL POINTS AVAILABLE: 190

TOTAL POINTS NEEDED TO PASS: 143

TOTAL POINTS EARNED: _____



BLACK BELT TEST



NAME: _____
 CURRENT BELT LEVEL AND DEGREE: _____
 LOCATION AND CLASS TIME: _____

Date: _____
 BELT SIZE: _____

BASIC FITNESS:

- 50 PUSH UPS
- 100 JUMPING JACKS

1	2	3	4	5
1	2	3	4	5

SELF DEFENSE STANCE:

- SPINNING CRESCENT KICK
- DOUBLE KICK (LOW-HIGH)
- HIGH ROUND HOUSE
- CRESCENT KICK (OUT TO IN) / BACK KICK
- FRONT SNAP KICK / JAB - REVERSE PUNCH
- SPINNING BACK FIST / ROUND HOUSE
- JUMPING SIDE KICK
- SPINNING HEEL KICK
- SPINNING HOOK KICK

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

FLYING SIDE KICK

1	2	3	4	5
---	---	---	---	---

360° ROUND HOUSE

1	2	3	4	5
---	---	---	---	---

KICKING COMBINATION YOUR CHOICE
(IMPRESS ME)

1	2	3	4	5
---	---	---	---	---

KNIFE ATTACKS (6)

- #1
- #2
- #3
- #4
- #5
- #6

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

3 STEPS (5)

- #1
- #2
- #3
- #4
- #5

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

2 STEPS (5)

- #1
- #2
- #3
- #4
- #5

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

BLUE BELT ONE STEPS (5)

- #1
- #2
- #3
- #4
- #5

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

RED BELT ONE STEPS (5)

- #1
- #2
- #3
- #4
- #5

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

10 RANDOM MOVES

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

RANDOM HAND RELEASES

1	2	3	4	5
---	---	---	---	---

ADVANCE RELEASES (5)

- #1
- #2
- #3
- #4
- #5

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

FORM 25-30 MOVES

1	2	3	4	5
---	---	---	---	---

5 PAGE ESSAY

1	2	3	4	5
---	---	---	---	---

2 ON 1 ATTACKS

1	2	3	4	5
---	---	---	---	---

BASIC FOOT WORK

1	2	3	4	5
---	---	---	---	---

BREAK BOARDS - 3 SEPARATE TECHNIQUES

- 1) _____
- 2) _____
- 3) _____

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

- DISCIPLINE
- RESPECT
- FOCUS
- HUMILITY
- CONFIDENCE

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

TOTAL POINTS AVAILABLE: 340
 TOTAL POINTS NEEDED TO PASS: ??

TOTAL POINTS EARNED:

STUDENT PASS:

RE TEST NEEDED:

PERFECT ATTENDANCE AWARD TO BE RECEIVED:

NEW BELT LEVEL:

Y / N

Y / N

Y / N
