

Walking Drill Techniques	Test For	Timing Drill Techniques	Test for
Bow In	YeIT	Punch to Target	YeIT
Tie Belt	YeIT	Inside Middle Block	YeIT
Horse Stance	YeIT	Outside Middle Block	YeIT
Make Fist	YeIT	Front Snap Kicks	YeIB
Punch from Horse Stance	YeIT	Side Kick	YeIB
Back Stance	YeIT	Punch to Nose	GrnT
Backfist	YeIT	Punch to Side of Head	GrnT
Oxjaw (Palm Heel)	YeIT	Back Leg Roundhouse Kick	GrnB
Low Block	YeIT	High/Low (Low/High) Roundhouse Kick	GrnB
Outside Middle Block	YeIT	Front Leg Roundhouse Kick	BluT
High Block	YeIT	Crescent Kicks (In & Out)	BluT
Front Snap Kick	YeIT	Back Hook Kick	BluB
Regular Punch	YeIT	High/Low Punch/Block	BluB
Side Kick	YeIT	Roundhouse/Back Kick Counter	RedT
Reverse Punch	YeIT	3 Block/Counter Punch	RedT
Back Kick	YeIT	Middle, Low, Middle Conditioning Blocks	RedT
Front Stance	YeIT	Side Kick/Cat Stance/Ax Kick (Alt Leg)	RedT
Roundhouse Kick	YeIT	Side Kick/Cat Stance/Ax Kick (Same Leg)	RedB
All Above as Walking Drills	YeIB	Double Arm Wristlock	RedB
Inside Middle Block	GrnT	Backfist/Reverse Punch (Open & Close Sparring Stance)	RedB
Turning Back Kick	GrnT	Bounce, Bounce, Bounce Roundhouse Kick	RedB
Fighting Stance	GrnT	Slow Multiple Roundhouse Kicks	BlkT
Pivot Side Kick	GrnT	Fast Multiple Roundhouse Kicks	BlkT
Turn Around	GrnT	Koryo Side Kick	BlkT
Inside Sudo	GrnB	Sign of the Cross (Hands) (Using Boards)	BlkT
Step Side Kick	GrnB	Sign of the Cross (Feet) (Using Boards)	BlkT
Cat Stance	GrnB		
Scoop Side Kick	GrnB		
Crescent Kick (Inside)	BluT		
Outside Middle Block (Palm Out)	BluT		
Crescent Kick (Outside)	BluT		
Outside Sudo (Palm Down)	BluT		
Cat Stance W/Front Snap Kick	BluB		
Tiger Stance	BluB		
Spinning Back Kick	BluB		
Ax Kick	BluB		
Outside Sudo (Palm Up)	BluB		
Pivot Back Hook Kick	RedT		
Double Punch	RedT		
Turning Back Hook Kick	RedT		
High Block/Reverse Punch	RedT		
Spinning Back Hook Kick	RedT		
Regular Double Punch	RedT		
Outside Crescent/Pivot Side Combo	RedT		
Outside Middle Blk/Rev Punch	RedT		
Reverse (or Reg) Punch W/Kick	RedB		
Double Scoop Side Kick	RedB		
Double Roundhouse Kick	RedB		
Triple Punch	RedB		
Front Jump Kick	RedB		
Grab,Pull, Punch	RedB		
Front Snap/Front Jump Kick Combo	RedB		
Ridgehand	RedB		
Front, Side, Back Kick Combo	RedB		
Inside Crescent/Back Kick Combo	RedB		
Spearhand	BlkT		
Roundhouse/Back Kick Combo	BlkT		
Jump Backfist	BlkT		
Back Hook/Roundhouse Combo	BlkT		
Front/Side Kick(Alt Leg) W/Cat Mvmnt	BlkT		
Front/Side Kick(Same Leg) W/Cat Mvm	BlkT		
Jump Backfist W/Reverse Punch	BlkT		
Side Squat Punch	BlkT		
Jebbi-Poom	BlkT		
Inside Crescent/Side Kick W/O Touchin	BlkT		
Jump Wheel Kick	BlkT		
Flying Side Kick	BlkT		

Progressive Development

The last section of the test is for an evaluation of your martial arts progressive growth. The possible values for each area are 0,4,9,12,15,& 20. A value of 12 represents average performance in that given category. 12 is ok until higher belts when 15 & 20 are expected.

1. Missed classes - 3 mos- 0 days=20, 1=15, 2=12 pts, 3=9 4=4 6 mos - 0-1=20, 2-3=15, 4-5=12, 6-7=9, 8 & more=4

Being late (missing bow-in) more than 4 times will equal 1 missed day.

2. Classroom Disciplines - Class effort, use of free time, set good example, 'participate in all aspects of class including sparring,

3. Respect - Respect shown to instructors & classmate. Respect shown 'to parents/siblings outside class. Earned respect from classmates. **Being late is disrespectful to class and instructors.**

4. Extra curricular activities - 12=min pts for testing to min pts +1, 15-min, pts +2 to min pts +5, 20=min pts + 6 or more

5. Self motivation - Attending extra classes, seeking out help from upper belts, taking advantage of free time to work on TKD activities.

Taking extra classes either at Willow or other affiliated school. **Arriving to class on time shows self-motivation.**

6. Club spirit & contributions - Helpfulness with classes, tourn, & clinics, promotion thru flyers, generating new students, booking demos. Giving out sign-up-a-friend cards to generate outside interest in classes

7. Martial Arts Attitude - Sportsmanship, enthusiasm, control, empowering 'character, humility, motivation for perfection, strength, determination