

SHEROAN'S TAEKWONDO ACADEMY

LITTLE DRAGONS TESTING APPLICATION

NAME: _____

PAID: CHK / CC / CASH

PRESENT BELT STRIPE COLOR: _____

PARENT SIGNATURE: _____

By signing this document, I agree with the promotion examination fee, which has been paid, is not refundable under any circumstances, and also that I will accept any grade or belt rendered by this association with knowing satisfaction, neither demanding nor protesting for a higher grade or belt.

LEVEL	BASIC TECHNIQUES	INDIVIDUAL SKILLS	TERMINOLOGY/DEMONSTRATION
1	Attention	Fighting Stance - Front Hand Jab	Terminology
	Bow	Fighting Stance - Reverse Punch	Tenet (Courtesy)
	Ready Stance	Fighting Stance - Front Leg Front Kick	Jumping Jacks (5)
	Fighting Stance	Fighting Stance - Rear Leg Front Kick	Touching Toes Stretch
	Front Stance	KiYap	Counting (1-4)
2	Horse Riding Stance	Front Stance - Low Block	Terminology
	Turn Around	Front Stance - Face Block	Push Up (1)
	Enter/Exit Do Jang	Front Stance - Middle Punch	Meditation
	Thank You	Horse Riding Stance - Double Punch	
		3 Steps Forward & Back	
3	KiBon Ee Jang (4)	Back Stance - Side Chop	Terminology
	Round Kick	Front Stance - Face Punch	Tenet (Integrity)
	Back Stance	3 Kicks Forward / 3 Step Back (No Part.)	Sit Ups (3)
		Target Kick - Front	Front Stretch (Touch Toes)
		Target Kick - Round	Counting (1-10)
	One-Step Attack (NO Partner)	Board Break - Front Kick	
4	Side Kick	Back Stance - Side Block	Terminology
	Side Block	Fighting Stance - Front Leg Round Kick	Push Ups (3)
		3 Kicks w/Partner	Sit Ups (5)
		One-Step Defense (NO Partner)	Hopping on 1 foot (Rt & Lt)
5	KiBon Ee Jang (8)	Bag Punching (Jab/Punch/Sidestep)	Terminology
	Palm Block	Target Kick - Side	Push Ups (5)
		One Step w/Partner (1 Punch)	Sit Ups (10)
		Board Break - Round Kick	Front Stretch (Legs Apart)
		Jump Up / Pull Knees to Chest	
6	KiBon Ee Jang (12)	One Step w/Partner (3 Punches)	Terminology
	Back Turning Side Kick	Back Kicking (Rt/Lt)	Push Ups (10)
		Target Punching	Tenet (Perseverance)
		Jump Up / Switch Stances (Fighting Stance)	
7		Bag Kick Sparring (30 Seconds)	Terminology
		Step-Behind Side Kick	Side Splits (Right & Left)
		Jump Front Kick	Tenet (Self-Control)
		Board Break - Side Kick	
8	KiBon Ee Jang (16)	2nd One Step w/Partner (Palm Block)	Terminology
		Bag Hand Sparring (30 Seconds)	Tenet (Indomitable Spirit)
		Step-Up Round Kick	
		Jump Round Kick	
9	KiBon Ee Jang	3rd One Step w/Partner (Side Block)	Slide-Up Round Kick
		Bag Sparring (30 Seconds)	Skip Round Kick
			Front Leg Side Kick

Examiner's Signature: _____ Date: _____

Level to be awarded: _____

COMMENTS: _____

