



## Written Test

### Green Belt Testing for Blue-Tip Belt

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

1. How has Taekwondo affected your daily life?

Mentally:

Physically:

Emotionally:

2. What would you like to improve before your next belt testing?

Mentally:

Physically:

Emotionally:

3. Why do we "check" in sparring?

4. Where do you aim when attacking your opponent's body?

**a)** Solar Plexus    **b)** Shoulder    **c)** Hips    **d)** Back

5. What is the definition of the Taekwondo tenet: **COURTESY** (give an example)

6. Draw a line connecting the words on the left to the matching words on the right:

FORWARD

BACKWARD

ONE STEP FORWARD

ONE STEP BACKWARD

IL-BO CHUN-JIN

CHUN-JIN

IL-BO WHO-JIN

WHO-JIN

# BRIO TAEKWONDO

Test Fee \$65



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>						