



Written Test

Yellow-Tip Belt Testing for Yellow Belt

Name: _____

1. What part of your foot do you use in a front snap kick?

- a)** Heel **b)** Instep or Ball of Foot **c)** Side of Foot

2. Why do you yell in Taekwondo?

- a)** Concentration and Power **b)** Fun **c)** Meditation

3. What part of your hand do you use in punching?

- a) Fingers b) Palm c) Knife Hand d) First Two Knuckles

4. How has Taekwondo affected your daily life?

Mentally:

Physically:

Emotionally:

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

Mentally:

Physically:

Emotionally:

6. What is your favorite drill or technique? Why?

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

SCHOOL
MASTER
UNIFORM
FLAG

SA-BUM-NIM
DO-BOK
DO-JANG
KOOK-KI

BRIO TAEKWONDO



Test Fee \$45

Name: _____ Date of Birth: _____ Age: _____

Present Rank: _____ Applied Rank: _____

Date of Test: _____ Belt Size: _____

	A+	A	B	C	D	Comments
Stances and Movements						
Endurance / Conditioning						
Kicking Technique						
Foot Work						
Blocking and Punches Drills						
Motion Blocks						
Forms (Poomse)						
Respect / Focus						
Flexibility						
Sparring Technique						
Board Breaking						