

US Chung Do Kwan Association

1st Gup Examination Form



Date: _____ School: New Heights Tae Kwon Do

Name: _____

Grade Scale:

Total Score:

Letter Grade:

ESSAY: Submit Essay with Examination Form at Testing Time:

9.6 to 10 = A+
8.6 to 9.5 = A
7.6 to 8.5 = B
7.0 to 7.5 = C

Draw out a graph demonstrating your lineage within Chung Do Kwan TKD.

New Techniques

Student Score:

Official Score:

Comments

Tae Guek Paal Chung

Sparring (2 - 2 Minute Rounds)

Sparring (2 on 1)

Previous Techniques

Student Score:

Official Score:

Comments

Appearance - Uniform/Personal

Customs & Courtesies

USCDKA Knowledge - (Forces of TKD)

Attention Position

Chim'bee Stance

Bow - Respect & Challenge

Walking Stance

Square Stance / Turning

Straddle Stance

Low Block / Square Stance

Low Punch / Square Stance

High Block / Square Stance

High Punch / Square Stance

Middle Block / Square Stance

Middle Punch / Square Stance

Front Up Position / Square Stance

Front Stretch / Square Stance

Front Kick / Square Stance

T-Stance 50/50 & 80/20

Side Chop / T-Stance

Outside Block / T-Stance

Hammer Block / T-Stance

Fighting Stance / T-Stance

Face Chop / T-Stance

Front Kick - Ball of Foot / Square Stance

Name: _____

1st Gup Examination Form

	<u>Student Score:</u>	<u>Official Score:</u>	<u>Comments</u>
Round Kick / T-Stance	_____	_____	_____
Yuk Jin / T Stance	_____	_____	_____
Side Up / Straddle Stance	_____	_____	_____
Side Kick / Straddle Stance	_____	_____	_____
Pivot Side Kick /From Fighting Stance	_____	_____	_____
Spin Side Kick /From Fighting Stance	_____	_____	_____
Crescent Kick	_____	_____	_____
Reverse Crescent Kick	_____	_____	_____
Pivot Slap Round Kick	_____	_____	_____
Jump Front Snap Kick	_____	_____	_____
Shuffle Front Snap Kick	_____	_____	_____
Shuffle Side Kick	_____	_____	_____
Jump Side Kick	_____	_____	_____
Jump Round Kick	_____	_____	_____
Shuffle Round Kick	_____	_____	_____
Hook Kick	_____	_____	_____
Pivot Hook Kick	_____	_____	_____
Star Block Set	_____	_____	_____
Keibon 1	_____	_____	_____
Keibon 2	_____	_____	_____
Keibon 3	_____	_____	_____
Keibon 4	_____	_____	_____
Tae Guek III Chung	_____	_____	_____
Tae Guek Ee Chung	_____	_____	_____
Tae Guek Som Chung	_____	_____	_____
Tae Guek Sah Chung	_____	_____	_____
Tae Guek Oh Chung	_____	_____	_____
Tae Guek Yuk Chung	_____	_____	_____
Tae Guek Chil Chung	_____	_____	_____
One Steps - 1-10 (With Partner)	_____	_____	_____
One Steps - 1-15 (With Partner)	_____	_____	_____
One Steps - 1-20 (With Partner)	_____	_____	_____
One Steps - 1-40 + 5 Creative	_____	_____	_____
One Steps - 1-40 + Advanced	_____	_____	_____
Explain Six Ways to Apply a Kick	_____	_____	_____
Sparring (2 - 2 Minute Rounds)	_____	_____	_____
Demonstrate Six Ways to Apply a Kick	_____	_____	_____
Enthusiasm	_____	_____	_____
Stamina Test (5 Minutes)	_____	_____	_____

Name: _____

1st Gup Examination Form

Portfolio	<u>Student Score:</u>	<u>Official Score:</u>	<u>Comments</u>
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Additional
Comments

Total Score: _____ / Number of Areas _____ = Average _____
Place this number in Total Score at Top

Signed: _____

Signed: _____

Signed: _____

Signed: _____

