

# US Chung Do Kwan Association

## 5th Gup Examination Form



Date: \_\_\_\_\_ School: New Heights Tae Kwon Do

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

Grade Scale:

Total Score:

Letter Grade:

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



ESSAY: Submit Essay with Examination Form at Testing Time:

Why is "Self Control" so important in Tae Kwon Do and in our life?

### New Techniques

	<u>Student Score:</u>	<u>Official Score:</u>	<u>Comments</u>
Crescent Kick	_____	_____	_____
Reverse Crescent Kick	_____	_____	_____
Pivot Slap Round Kick	_____	_____	_____
Keibon 3	_____	_____	_____
Keibon 4	_____	_____	_____
Tae Guek Sah Chung	_____	_____	_____
One Steps - 1-40 + 5 Creative	_____	_____	_____
Sparring (Free Style)	_____	_____	_____

### Previous Techniques

	<u>Student Score:</u>	<u>Official Score:</u>	<u>Comments</u>
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	_____	_____	_____

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

# 5th Gup Examination Form

	<u>Student Score:</u>	<u>Official Score:</u>	<u>Comments</u>
Outside Block / T-Stance	_____	_____	_____
Hammer Block / T-Stance	_____	_____	_____
Fighting Stance / T-Stance	_____	_____	_____
Face Chop / T-Stance	_____	_____	_____
Front Kick - Ball of Foot / Square Stance	_____	_____	_____
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	_____	_____	_____
Star Block Set	_____	_____	_____
Keibon 1	_____	_____	_____
Keibon 2	_____	_____	_____
Tae Guek III Chung	_____	_____	_____
Tae Guek Ee Chung	_____	_____	_____
Tae Guek Som Chung	_____	_____	_____
Enthusiasm	_____	_____	_____
Stamina Test (5 Minutes)	_____	_____	_____
Portfolio	_____	_____	_____



Additional  
Comments

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

Signed: \_\_\_\_\_

Signed: \_\_\_\_\_

Signed: \_\_\_\_\_

Signed: \_\_\_\_\_

