

US Chung Do Kwan Association

6th 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

What does "Courtesy" have to do with our training in TKD?

New Techniques

Student Score:

Official Score:

Comments

Pivot Side Kick /From Fighting Stance

Spin Side Kick /From Fighting Stance

Tae Guek Ill Chung

One Steps - 1-20 (With Partner)

Sparring (Free Style)

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

Name: _____

6th Gup Examination Form

	<u>Student Score:</u>	<u>Official Score:</u>	<u>Comments</u>
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	_____	_____	_____
Star Block Set	_____	_____	_____
Keibon 1	_____	_____	_____
Keibon 2	_____	_____	_____
Keibon 3	_____	_____	_____
Keibon 4	_____	_____	_____
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: _____

