



Promotion Test Grading Sheet

Testing Date: _____

Student: _____

Current Rank: _____

Examined By: _____

Desired Rank: _____

Testing Results: (circle one) Pass Re-test

Students need to know the following skills at the proficiency levels required for the desired rank in order to earn a belt promotion in the Gup; Junior Dan and 1st Dan Black Belt Ranks.

ITF Forms	Knows Form		Knows Meaning		WTF Forms	Knows Form <small>knows meaning optional</small>			Comments:
	Yes	No	Yes	No		Yes	No	Yes	
Chon-gi					Il-jang				
Dan-gun					Ee-jang				
Do-san					Sam-jang				
Won-hyo					Sa-jang				
Yul- gook					Oh-jang				
Joong-gun					Yuk-jang				
Toi-gye					Chil-jang				
Choong-moo					Pal-jang				
Hwa-rang									

Weapon Forms	Knows Form		Basic Terminology	Knows Terms	
	Yes	No		Yes	No
Required weapons					
Il Bong Hyung			Symbolism of Korean/ USA Flag		
Ee Chul Bong Hyung			Basic Kicks in Korean		
Advanced weapons (demo-only if practiced)			Basic Stances in Korean		
			Basic Hand Techniques in Korean		
Boo-Chai Hyung			Advanced Terms in Korean		
Cha-Ru Hyung				Proficient	
Sai Hyung			Application of form movements		
Nat Hyung			Skill as an Uke (attacks and falls)		
Self- Defense (1st Dan)			Skill as an Tori (defense and takedowns)		
Overall Attitude	Excellent		Very Good	Good	Fair
Focus/ Attention	Excellent		Very Good	Good	Fair
Sparring	Excellent		Very Good	Good	Fair
Board Breaking	Excellent		Very Good	Good	Fair

Comments: _____

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