



## Written Test

### Blue-Tip Belt Testing for Blue Belt

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

1. How has Taekwondo affected your daily life?

Mentally:

Physically:

Emotionally:

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

Mentally:

Physically:

Emotionally:

3. Explain in your own words why we Ki-hop (yell) in Taekwondo?

4. What is the definition of the Taekwondo tenet: **INTEGRITY** (give an example)

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

ONE  
TWO  
THREE  
FOUR  
FIVE  
SIX  
SEVEN  
EIGHT  
NINE  
TEN

SET  
IL-GOP  
HA-NA  
YA-DUL  
NET  
YUHL  
AH-HOP  
DUL  
YA-SUT  
DA-SUT



# BRIO TAEKWONDO

Test Fee \$65

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Present Rank: \_\_\_\_\_ Applied Rank: \_\_\_\_\_

Date of Test: \_\_\_\_\_ Belt Size: \_\_\_\_\_

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