



WHITE TESTING FOR YELLOW-TIP

PHILOSOPHY:

SCHOOL OATH – As a member of Chang Lee's Taekwondo, I solemnly promise to use my knowledge of Taekwondo, to promote peace around the world, respect for people and the world around me, and loyalty to country, family and friends.

CHANG LEE'S SCHOOL CODE –

1. OBEY AND RESPECT YOUR PARENTS
2. DO YOUR BEST IN SCHOOL / WORK
3. DO YOUR BEST IN TAEKWONDO EXERCISES

ETHICS:

- BOW TO FLAGS, BLACK BELTS, AND INSTRUCTORS
- BE RESPECTFUL AND POLITE AT ALL TIMES
- LISTEN IN CLASS, AND DON'T SPEAK UNLESS INSTRUCTED TO
- ANSWER "YES, SIR AND YES, MA'AM" AT ALL TIMES, NOT ONLY IN THE DOJANG.
- EXHIBIT SELF-CONTROL
- BE AWARE OF SCHOOL RULES

TERMINOLOGY:

ENGLISH

THANK YOU
ATTENTION
RETURN TO READY
READY STANCE
BOW

KOREAN

KAM-SAM-NIDA
CHAR-RI-OT
BORROW
JOON-BI
KYUNG-YEA

TESTING REQUIREMENTS:

- MEMORIZE PHILOSOPHY
- BE FAMILIAR WITH ETHICS
- MEMORIZE TERMINOLOGY
- BREAKING TECHNIQUE: HAMMER FIST
- APPROX. 1 MONTH OF CLASS TIME (AVERAGE 2-3 CLASSES PER WEEK)
- WRITTEN EXAMINATION (QUESTIONS ON NEXT PAGE)
- POOMSE (FORMS) – BASIC FORM 1

YOU MUST BE ABLE TO EXECUTE THE FOLLOWING:

STANCES – ATTENTION, BOW, JOON-BI, RIDING HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE

PUNCHES – DOUBLE THRUST PUNCH, SINGLE PUNCH, DOUBLE PUNCH, TRIPLE PUNCH

KICKS – FRONT STRETCH KICK, INSIDE-OUT KICK, OUTSIDE-IN KICK, FRONT SNAP KICK, PUSH KICK, ROUND HOUSE KICK

MOTION BLOCKS - LOW BLOCK, HIGH BLOCK, INSIDE-OUT BLOCK, OUTSIDE-IN BLOCK, DOUBLE PUNCH

FOOTWORK – HOP FWD+HOP BACK, SWITCH STANCE, STEP FWD+STEP BACK.

SPARRING – NO CONTACT SPARRING



Written Test

White Belt Testing for Yellow-Tip Belt

Name: _____

1. Where do you bow first when you enter the school?

- a)** Black Belt **b)** Friend **c)** Flags **d)** Senior Belts

2. What type of martial art are you doing?

- a)** Taekwondo **b)** Kung-Fu **c)** Karate **d)** Judo

3. In what country did Taekwondo originate?

- a)** Korea **b)** China **c)** Japan **d)** Philippines

4. What can you do to show respect for your family?

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

Mentally:

Physically:

Emotionally:

6. What is Chang Lee's Taekwondo School code?

- 1.
- 2.
- 3.

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

ATTENTION
BOW
READY STANCE
THANK YOU
RETURN TO READY

KAM-SAM-NIDA
CHAR-RI-OT
BORROW
JOON-BI
KYUNG-YEA

CHANG LEE'S TAEKWONDO



Test Fee \$45

Name: _____ Date of Birth: _____ Age: _____

Present Rank: _____ Applied Rank: _____

Date of Test: _____ Belt Size: _____

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