



YELLOW-TIP TESTING FOR YELLOW

PHILOSOPHY:

CHANG LEE'S TAEKWONDO CREED – I will do the things that make my body strong. I will develop self-discipline, self-respect and respect for other. I will use common sense before self-defense. I belong to a black belt school and I am dedicated, motivated and on a quest to be my best.

SELF-DISCIPLINE – Knowing what you are supposed to do and doing it, and knowing what you are not supposed to do and not doing it.

ETHICS:

- GREET PARENTS AND ELDERLY PROPERLY
- BE HONEST AT ALL TIMES
- BE HELPFUL AT ALL TIMES
- BOW WHEN YOU SEE ANY BLACK BELTS

TERMINOLOGY:

ENGLISH

SCHOOL
MASTER
UNIFORM
FLAGS

KOREAN

DO-JANG
SA-BUM-NIM
DO-BOK
KOOK-KI

TESTING REQUIREMENTS:

- ALL PREVIOUS MATERIAL
- MEMORIZE CREED
- BE FAMILIAR WITH ETHICS
- MEMORIZE TERMINOLOGY
- BREAKING TECHNIQUE: FRONT SNAP KICK
- APPROX. 1 MONTH OF CLASS TIME (AVERAGE 2-3 CLASSES PER WEEK)
- WRITTEN EXAMINATION (QUESTIONS ON NEXT PAGE)
- POOMSE (FORMS) – BASIC FORM 1 & 2

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 UP KICK, INSIDE-OUT KICK, OUTSIDE-IN KICK, FRONT SNAP KICK, PUSH KICK, ROUND HOUSE KICK, STEP-BEHIND SIDE KICK

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

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

SPARRING – LIGHT CONTACT SPARRING – SPARRING EQUIPMENT REQUIRED



Written Test

Yellow-Tip Belt Testing for Yellow Belt

Name: _____

1. What part of your foot do you use in a front snap kick?
a) Heel **b)** Instep or Ball of Foot **c)** Side of Foot
2. Why do you yell in Taekwondo?
a) Concentration and Power **b)** Fun **c)** Meditation
3. What part of your hand do you use in punching?
a) Fingers b) Palm c) Knife Hand d) First Two Knuckles

4. How has Taekwondo affected your daily life?

Mentally:

Physically:

Emotionally:

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

Mentally:

Physically:

Emotionally:

6. What is your favorite drill or technique? Why?

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

SCHOOL
MASTER
UNIFORM
FLAG

SA-BUM-NIM
DO-BOK
DO-JANG
KOOK-KI



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						