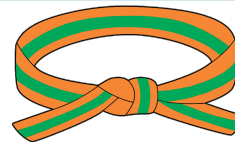


MASTER YOO'S WORLD CHAMPION TAE KWON DO

921 NE ORENCO STATION LOOP, HILLSBORO, OR 97124

(503)352-5597



Application for Promotion to GREEN STRIPE BELT

Please fill in all blanks If you have questions please ask an Instructor for assistance.

Name: _____ Birth Date: _____

Present Rank: _____ Belt Size: _____ Date of Test: _____

What is the name of your form? _____

1. What is your favorite Tae Kwon Do technique? Explain why. (write on the back)
2. In Tae Kwon Do sparring what are legal punching targets?
A. The face B. Front of the body C. The back D. All of the above
3. In Tae Kwon Do, sparring what are legal kicking targets?
A. The head and front of body B. The legs and back C. Both A and B
4. Match the English words on the left with the correct Korean word on the right.
A. Start ___ Kiyap
B. Stop ___ Joon-bi
C. Ready ___ Sijak
D. Yell ___ Gu-mahn
E. Form ___ Poomse

Green Stripe Belt Philosophy: Integrity (WRITE ON YOUR BOARD)

I do the right thing even when no one is watching.

I tell the truth, even when I might get in trouble.

I will be honest with myself and others.

I will be fair in everything I do.

I will be true to myself.

I stand by my word.

I do not steal or lie.

Write on the back of your board: **ONE BAD HABIT**

SCHOOL USE ONLY

POOMSE	A	B	C	D
KICKING	A	B	C	D
SELF DEFENSE	A	B	C	D
ONE STEP SPARRING	A	B	C	D
FREE SPARRING	A	B	C	D
BREAKING TECHNIQUE	A	B	C	D