

**Sa-ju Tirugi**

Incorrect move \_\_\_\_\_

- |  |   |
|--|---|
| <input type="checkbox"/> longer        | <input type="checkbox"/> wider              |
| <input type="checkbox"/> back foot 25' | <input type="checkbox"/> too wide           |
| <input type="checkbox"/> shorter       | <input type="checkbox"/> back leg bent      |
| <input type="checkbox"/> body leaning  | <input type="checkbox"/> front leg straight |
| <input type="checkbox"/> heel lifting  | <input type="checkbox"/> weight 50/50       |
|  | <input type="checkbox"/> sliding feet       |

**Punch/fist**

- |  |  |   |                                   |
|--|--|---|-----------------------------------|
| <input type="checkbox"/> should be full facing | <input type="checkbox"/> thumb is hidden | <input type="checkbox"/> tighter fist     | <input type="checkbox"/> reaction |
| <input type="checkbox"/> center                | <input type="checkbox"/> thumb is out    | <input type="checkbox"/> torque too soon  |                                   |
| <input type="checkbox"/> higher                | <input type="checkbox"/> wrist bent      | <input type="checkbox"/> lifting/dropping |                                   |
| <input type="checkbox"/> lower                 |  |   |                                   |

**1st Side**

- crossed wrong low block
- block should be lower
- block should be higher
- wrist bent
- bend arm more
- keep arm away from body
- reaction hand on hip
- facing should be 1/2

**2nd side**

- crossed wrong low block
- block should be lower
- block should be higher
- wrist bent
- bend arm more
- keep arm away from body
- reaction hand on hip
- facing should be 1/2

**Misc.**

- |  |  |
|--|--|
| <input type="checkbox"/> wrong foot 1st move | <input type="checkbox"/> hand on hip     |
| <input type="checkbox"/> eyes on target      | <input type="checkbox"/> focus hand/foot |
| <input type="checkbox"/> tempo _____         | <input type="checkbox"/> breathing       |
| <input type="checkbox"/> hold last move      | <input type="checkbox"/> power           |
| <input type="checkbox"/> off mark            | <input type="checkbox"/> more practice   |

3 0

**Sa-ju Makgi**

Incorrect move \_\_\_\_\_

- |  |   |
|--|---|
| <input type="checkbox"/> longer        | <input type="checkbox"/> wider              |
| <input type="checkbox"/> back foot 25' | <input type="checkbox"/> too wide           |
| <input type="checkbox"/> shorter       | <input type="checkbox"/> back leg bent      |
| <input type="checkbox"/> body leaning  | <input type="checkbox"/> front leg straight |
| <input type="checkbox"/> heel lifting  | <input type="checkbox"/> weight 50/50       |
|  | <input type="checkbox"/> sliding feet       |

**1st Side**

- crossed wrong low block
- block should be lower
- block should be higher
- wrist bent
- bend arm more
- keep arm away from body
- reaction hand on hip

**2nd side**

- crossed wrong low block
- block should be lower
- block should be higher
- wrist bent
- bend arm more
- keep arm away from body
- reaction hand on hip

- facing should be 1/2
- crossing inner 4arm block
- block should be lower
- block should be higher
- wrist bent
- bend arm more
- keep arm away from body

- facing should be 1/2
- crossing inner 4arm block
- block should be lower
- block should be higher
- wrist bent
- bend arm more
- keep arm away from body

**Misc.**

- |   |  |
|---|--|
| <input type="checkbox"/> concentrate    | <input type="checkbox"/> hand on hip     |
| <input type="checkbox"/> eyes on target | <input type="checkbox"/> focus hand/foot |
| <input type="checkbox"/> tempo _____    | <input type="checkbox"/> breathing       |
| <input type="checkbox"/> hold last move | <input type="checkbox"/> power           |
| <input type="checkbox"/> off mark       | <input type="checkbox"/> more practice   |

3 0

**Self-defence**

- |                                    |   |   |   |   |
|------------------------------------|---|---|---|---|
| <input type="checkbox"/> guard     | <input type="checkbox"/> shock              | <input type="checkbox"/> jump                 | <input type="checkbox"/> turned wrong way             | <input type="checkbox"/> incomplete     |
| <input type="checkbox"/> retaliate | <input type="checkbox"/> kia on retaliation | <input type="checkbox"/> don't turn your back | <input type="checkbox"/> wrong self-defence for level | <input type="checkbox"/> needs practise |
| <input type="checkbox"/> run away  | <input type="checkbox"/> work the elbow     | <input type="checkbox"/> not realistic        | <input type="checkbox"/> don't walk backwards         | <input type="checkbox"/> balance        |

1 0

**Sparring**

- |  |                |   |   |                                   |                                   |  |
|--|----------------|---|---|-----------------------------------|-----------------------------------|--|
| semi-free  | <b>Attack</b>  | <input type="checkbox"/> proper starting position | <input type="checkbox"/> stance         | <input type="checkbox"/> kiya     | <input type="checkbox"/> tool     | <input type="checkbox"/> wrong foot to starting pos. |
|  |                | <input type="checkbox"/> proper attacks           | <input type="checkbox"/> too quick      | <input type="checkbox"/> too slow | <input type="checkbox"/> reaction | <input type="checkbox"/> torque                      |
| 1 <input type="checkbox"/><br>2 <input type="checkbox"/> | <b>Defence</b> | <input type="checkbox"/> wrong foot back          | <input type="checkbox"/> guard position | <input type="checkbox"/> reaction | <input type="checkbox"/> torque   | <input type="checkbox"/> tool                        |
|  |                | <input type="checkbox"/> distance to target       | <input type="checkbox"/> power          | <input type="checkbox"/> kiya     |                                   | <input type="checkbox"/> stance                      |

1 0

Set Sparring

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> unsure of exercise | <input type="checkbox"/> move closer to opponant | <input type="checkbox"/> keep more distance from opponant |
|---|--|---|

**Questions**

1 2 3 4 5

1 2 3 4 5

1 0

75% to pass

retest if - 19 or less on first exercise  
retest if - 19 or less on 2nd exercise

**TOTAL**    
100

**Procedure and etiquette**

- 2 did not say sir
- 1 did not say sir
- 1 did not say sir
- 1 did not bow
- 1 2 -3 steps back when leaving table
- 1 hands on table
- 1 belt tied incorrectly
- 1 unkept uniform
- 1 \_\_\_\_\_

1 0