

PROCEDURE FOR TESTING

In order for you to be eligible for testing certain requirements must be met. The technical knowledge for each level is outlined on the following pages. Prior to your test you must make sure the following items are taken care of.

- All membership dues must be paid up to date and the person wishing to test must be a current member of the Club.
- Make sure your required marker stripes have been earned.
- Make sure you know your techniques properly.
- Be sure you have attended classes regularly, with no large time frames of inactivity.
- Think back to ensure that your etiquette and behavior have been correct.
- Ask the instructor for permission to test.

All tests are generally run the same way. Your test sheet with your name on it is handed in to the exam board along with your testing partner's sheet. Your partner will be the person you previously selected to work with during your test. The order of grading is from the lowest belts to the highest. Exceptions can be made in extreme circumstances. Once your belt level is completely done you will be dismissed and may leave if you wish. Test scores run on a percentage basis. In order to pass you must obtain a 75. Those people who receive 95 percent or higher may be double graded. Those who receive 60 or less may be demoted.

TESTING REQUIREMENTS FOR GRADES 9 TO 1

Grade 9

- 4 direction Punch
- 4 direction Block
- Semi-free sparring
- Self defence (rear choke)
- 2 Oral questions
- Etiquette

Grade 8

- 4 Direction Block and Chon-ji
- Three step sparring (#1 or #2 of the 4)
- Self defence (front chokes)
- Free sparring
- Oral question

Grade 7

- Chon-ji and Dan-gun
- Three step sparring (1 to 4)
- Self defence moves (wrist grabs, 4 possible ones)
- 1 board stomp kick (2 for adults)
- Free sparring
- Oral question

Grade 6

- Dan-gun and Do-san
- Three step two way (#1 or # 2 of 4)
- Self defence moves (wrist grabs)
- Free sparring
- 1 board standing back kick and a side fist break, either vertical or horizontal.
- Oral question

Grade 5

Do-san and Won-Hyo

Three step two way (1 to 4)

Self defence (chest grab with one hand, two hand choke from front, bear hug from behind (arms free or held) , two hands from behind)

Free sparring

1 board side kick and jump back kick

Oral question

Grade 4

Won-Hyo and Yul-Gok

Self defence 1 full nelson, and 1 headlock, rear choke with arm from behind.

two step sparring (#1 or # 2 of 4)

Free sparring

1 board back kick and side kick and elbow strike

Oral question

Written question 3 or 4 sentences why you like TKD.

Grade 3

Yul-Gok and Joon-Gun

Self defence, 1 ground 1 knife (ground attacks, knife attacks)

Two step sparring (1 to 4)

Free sparring

Breaking 3 boards

1 board front kick and 1 board turning kick and 1 board hand technique.

Oral question

Written question 3 or 4 sentences what your TKD goal(s) are in the next 4 months.

Grade 2

Joon-Gun and Toi-Gae

Self defence (Front bear hug, haymaker swing, double lapel grab)

One step sparring

Free sparring

Breaking 5 boards

2 boards any kick and 1 board any hand. 2 boards combo kick (2 targets),

12 and under instead of hand technique do a jump or flying kick

Oral question

Written question a few sentences what student in the club is the most dedicated student and why.

Grade 1

Toi-Gae and Hwa-Rang and one junior pattern.

Self defence Any previous techniques.

Model sparring

Free sparring

Breaking 6 boards

2 boards comdo break (1 hand technique, 1 foot technique)

2 board foot technique

1 board jump kick, flying kick over obstacle

Oral question

Written question one paragraph, how will you contribute to your club, or your instructor or the art of TKD.