

Minnow Lake Place Tae Kwon Do  
Gup Promotion Test Form

Name: \_\_\_\_\_ Student No. \_\_\_\_\_

Class: Tyke Kids Adult Instructor(s): Mr. Ghislain Mayotte  
Mr. Danny Scopazzi

Present Rank: \_\_\_\_\_ Testing Rank: \_\_\_\_\_

Test date: \_\_\_\_\_

Promotion Requirements:

1. Students must sign the promotion attendance sheet no later than the last Wednesday prior to the promotion date.
2. the pre-testing is for those requirements (a maximum of three {3}) about which the student has doubts.
3. Students must know all of their requirements at least two weeks prior to the test date.

Promotion of a student holding a Green Belt and Lower:

- Students holding a Green Belt and Lower must be pre-tested by their instructor.

Promotion of a senior student holding a Green-Blue tip and higher:

- When you sign the promotion attendance sheet, you are stating that you know all of your requirements and are able to execute them with the precision and power required for your belt level.

PRE-TESTING

1. Pre-testing is not required for senior students. However we recommend that you discuss the possibility of a promotion with your instructor. Should you request to be pre-tested; you will only be pre-tested on a maximum of three (3) requirements of your choice. If you are uncertain of more than three (3) requirements, then you are not ready for promotion and should wait.

When I apply to be tested for my next belt level, I agree to the following conditions:

1. Test fees are non-refundable under any circumstances.
2. Students accept both the results of the testing and the belt rendered by the school.
3. Students can only use Tae Kwon Do techniques, outside of the Dojang, for purposes of self-defense.
4. Students who use Tae Kwon Do techniques to provoke or challenge innocent people will accept disciplinary measures taken by your Instructors/Masters. These can include suspension, demotion of rank and/or expulsion, without refund.

Signature of Applicant: \_\_\_\_\_

Signature of Parent or Legal guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Test Fee	Pd. Amount	Balance	Received by	Certificate given	Belt given

## CIRCLE YOUR REQUIREMENTS

BASIC TECHNIQUES (BLOCKS & STRIKES)															
<b>Yellow Stripe</b> PB - 1 SB - 1 to 3 Ap Chagi Mireo Chagi Dollyo Chagi	<b>Yellow</b> PB - 1 & 2 SB - 1 to 5 Yop Chagi Dwi Chagi Bakkat Chagi	<b>Green Stripe</b> PB - 1 to 3 SB - 1 to 7 Nerea Chagi Bit Chagi Gauro Chagi	<b>Green</b> PB - 1 to 4 SB - 1 to 10 Naeryo Chagi Rear & Lead Leg Counter Dollyo Chagi	<b>Blue Stripe</b> PB - 1 to 5 SB - 1 to 10 Hooryo Chagi Dolgae Chagi	<b>Blue</b> PB - 1 to 6 SB - 1 to 10 Wheachook Chagi	<b>Red Stripe</b> PB - 1 to 6 SB - 1 to 10 Counter Spin Hook Kick	<b>Red</b> PB - 1 to 6 SB - 1 to 10 Counter Dolgae Chagi	<b>Black Stripe</b> PB - 1 to 6 SB - 1 to 10							
OBSERVATIONS:					RESULTS: 1 2 3 4 5 6 7 8 9 10										
1 STEP PUNCHING & 1 STEP KICKING (TECHNIQUES)															
<del>Yellow Stripe</del> N/A	<del>Yellow</del> N/A	<del>Green Stripe</del> N/A	<b>Green</b> 1 & 2	<b>Blue Stripe</b> 1 to 4	<b>Blue</b> 1 to 6	<b>Red Stripe</b> 1 to 8	<b>Red</b> 1 to 10	<b>Black Stripe</b> 1 to 10							
OBSERVATIONS:					RESULTS: 1 2 3 4 5 6 7 8 9 10										
3 STEP (TECHNIQUES)															
<del>Yellow Stripe</del> N/A	<del>Yellow</del> N/A	<del>Green Stripe</del> N/A	<b>Green</b> 1 to 3	<b>Blue Stripe</b> 1 to 6	<b>Blue</b> 1 to 8	<b>Red Stripe</b> 1 to 8	<b>Red</b> 1 to 8	<b>Black Stripe</b> 1 to 8							
OBSERVATIONS:					RESULTS: 1 2 3 4 5 6 7 8 9 10										
HAPKIDO (SELF-DEFENSE)															
<del>Yellow Stripe</del> N/A	<del>Yellow</del> N/A	<b>Green Stripe</b> 1 to 2	<b>Green</b> 1 to 4	<b>Blue Stripe</b> 1 to 6	<b>Blue</b> 1 to 8	<b>Red Stripe</b> 1 to 10	<b>Red</b> 1 to 12	<b>Black Stripe</b> 1 to 12							
OBSERVATIONS:					RESULTS: 1 2 3 4 5 6 7 8 9 10										
POOMSE (FORMS)															
<del>Yellow Stripe</del>	<b>Yellow</b> Taegeuk 1	<b>Green Stripe</b> Taegeuk 2 & Kibon 1	<b>Green</b> Taegeuk 3	<b>Blue Stripe</b> Taegeuk 4 & Kibon 2	<b>Blue</b> Taegeuk 5	<b>Red Stripe</b> Taegeuk 6 & Kibon 3	<b>Red</b> Taegeuk 7	<b>Black Stripe</b> Taegeuk 8 Kibon 4							
OBSERVATIONS:					TAEGEUK RESULTS: 1 2 3 4 5 6 7 8 9 10										
					KIBON RESULTS: 1 2 3 4 5 6 7 8 9 10										
					Extent of movement					1.0	0.9	0.8	0.7	0.6	0.5
					Balance					1.0	0.9	0.8	0.7	0.6	0.5
					Power & Speed					1.0	0.9	0.8	0.7	0.6	0.5
					Coordination (Rhythm/Tempo/Tone)					1.0	0.9	0.8	0.7	0.6	0.5
Expression of "Ki"					1.0	0.9	0.8	0.7	0.6	0.5					
FREE SELF-DEFENSE RESULTS:			SPARRING RESULTS:				BREAK(S) RESULTS:								
1 2 3 4 5 6 7 8 9 10			1 2 3 4 5 6 7 8 9 10				1 2 3 4 5 6 7 8 9 10								
Observations:			Observations:				Observations:								
Scoring	Techniques	Self Defense	Poomse	Sparring	Breaks	Totals									
Test Results															
Possible Score															

RECOMMENDATION:  Pass  Retest

SIGNATURE:

Punching Basics = PB

Stepping Basics = SB