



Leadership Academy Martial Arts

Red/High Red Belt Standards
Curriculum For Advanced Testing



TaeKwonDo | Application For Rank Advancement

Name: _____ Date of Birth: _____

Age: _____ Testing Date: _____ Forms and Fees Handed In? Y / N

Present Rank: _____ Applied Rank: _____

Below is for Testing Instructor ONLY

Is Student's Uniform And Belt Clean? _____ Does Student Have All Required Attendance Stripes? _____
Does Student Have Instructors Approval? _____ (If Applicable) Parent's Approval? _____
Judged By _____ Date _____ Judge's Rank _____

Hand Techniques

- Twin Forearm
- Middle Punch
- Middle Block
- Hammer Fist
- High Block
- Palm Strike
- Low Block
- High Punch
- Double Knife Hand
- Knife Strike
- Low Spear Thrust
- High Spear
- High/Low X Block
- Double Forearm
- Ridge Hand
- Outer Forearm
- Inner Forearm
- Backfist
- Palm-Elbow
- Palm Sweep
- Elbow Strike
- Uppercut Elbow
- Double Upset Punch
- U-Shape Block
- Spin Back Fist

Kicking Techniques

- Front Kick #1,2,3
- Rising Kick
- Outside Crescent Kick
- Inside Crescent Kick
- Roundhouse Kick #1,2,3
- Axe Kick #1,2,3
- Side Kick #1,2,3
- Jump Front #1,2,3
- Back Kick
- Jump 360 Back
- Pop Front
- Pop Side
- Jump Round
- Hook Kick #1,2,3
- Wheel Kick
- Running Jump Side
- Run Jump Front
- Spin Hook Kick
- Run Jump Round
- 360 Round
- Jump Wheel
- Double Front Kick
- Flying Side Kick
- Jump 360 Round

Sparring

- Full Step Forward/Back
- Half Step Forward/Back
- Switch Step
- Side Step
- Diagonal Step
- Sparring Roundhouse
- Counter With Round
- Score w/Magic Kick
- 5 Minutes
- 2x2
- 3x3
- Kicking Combos

Poomse

- Kicho-Hana
- Chon-Ji
- Dan-Gun
- Do-San
- Yul-Guk
- Won-Hyo
- Joon-Gun
- Toi-Gye
- Hwa-Rang
- Choong-Moo

Board Breaking

- _____

Non-Physical Requirements

- One Altruism Requirement
- Other Requirements

Repetition Requirements

- Completed Sheet Turned In
- Black Belt Attitude In Class

Self Defense and Philosophy

- Star Block Form
- Fast Defense
- Windmill Drill
- Palm Strike
- Neck Choke Defense
- Wrist Escape Defense
- 1 Arm Rear Choke Defense
- 1 Step Defense
- 1-4 Blocks
- 1-6 Blocks
- Jab/Cross/Hook/Upper/Knee/Elbow
- Define a Well Rounded Martial Artist.
- What Does Honor Mean To You?
- Define Mind Control

Fitness: Cannon ____ Pushups ____

Testing Notes: _____

Passed Test

Work on techniques NOT CHECKED. Bring this sheet back to your next class for retesting

Head Instructor In Charge Of Testing

Assistant Instructor/Floor Manager

