



White/Yellow/HighYellow Belt Standards

Jan/Feb & Jul/Aug

Basic 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 _____

Stances

- Attention
- Bow
- Ready
- Horse

Hand Techniques

- Twin Forearm
- Middle Punch
- Middle Block
- Hammer Fist

Kicking Techniques

- Front Kick #1
- Front Kick #2
- Front Kick #3
- Rising Kick
- Outside Crescent Kick
- Inside Crescent Kick

Sparring

- Full Step Forward/Back
- Switch Step

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
- What is Personal Power
- What does Ready position teach?
- Why do you bow?

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

National Leadership Team (Altruism) Requirement

Required For Solid Belt Only (Green Belt)

Project Name: _____

Does it meet all 5 PBLT requirements? Y/N (see www.leadershipstudents.com)

Description of Project: _____

Project Results: _____

Graduate With HONORS! Honors Requirements

Testing For	Action	age 4-7	age 8-15
Yellow Belt	AOK	10	25
High-Yellow or Green Belt	AOK	25	50

Each Box = 1 Act of Kindness

Each Act Must Be Recorded in journal or on Digital Dojo To Count For Honors Award

box of 50

Additional Honors Curriculum - Repetition Requirements

Testing For	age 4-7	8+	4-7	8+	4-7	8+	4-7	8+
Yellow Belt	100	250	100	250	250	500	250	500
High-Yellow or Green Belt	125	325	125	325	250	500	250	500

Pushups	Crunches	Kicks	Hands

1 Box = 10 (All 25 boxes filled would be 250)
or 1 Box = 20 (All 25 boxes filled would be 500)