

**"POWER OF COMMITMENT STRENGTH OF CHARACTER"**

**"GO FOR IT"**



**"AIM HIGH"**

**"POWER, KNOWLEDGE, WISDOM"**

**"EXPERIENCE THE CHALLENGE" "PRACTICE, PERSIST, PERVAIL"**

**"INTEGRITY, DETERMINATION, RESPECT"**

**DIRECTOR  
GREG BEAVER**

## Black Belt Candidate Checklist

TEST DATE: \_\_\_\_\_

- NO CHEATING ON DIET OR EXERCISE**
- DIET:** No sugar, honey, artificial sweeteners
- No alcohol
- No carbonated beverages
- No recreational drugs
- EXERCISE:** 3, 2 Minute sets of Shadow Boxing
- 3, 2 minute sets of Jump rope
- 50 sit-ups
- 50 Push-ups
- All Hand techniques - 3 times a week
- All Kicking techniques - 3 times a week
- 15 minutes of stretching
- All Self Defense - 3 times a week
- Running (alternate)
- Other aerobic/strength

- | <b>BEGINNING</b>         | <b>ENDING:</b>  |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> 150 Classroom signatures   |
| <input type="checkbox"/> | <input type="checkbox"/> 8 Tournaments  |
| <input type="checkbox"/> | <input type="checkbox"/> 4 Camps  |
| <input type="checkbox"/> | <input type="checkbox"/> 2 Outside Tournament Reports   |
| <input type="checkbox"/> | <input type="checkbox"/> 3 Outside school Reports   |
| <input type="checkbox"/> | <input type="checkbox"/> Black Belt notebook (photocopy all pages)  |
| <input type="checkbox"/> | <input type="checkbox"/> Cash on test day: (\$200+ \$100 ticket sales = \$300 cash)                       |
| <input type="checkbox"/> | <input type="checkbox"/> Music and music player or weapon for kata  |
| <input type="checkbox"/> | <input type="checkbox"/> CPR Certification  |
| <input type="checkbox"/> | <input type="checkbox"/> Pre-selected music for ceremony ,Gi choice                                       |
| <input type="checkbox"/> | <input type="checkbox"/> Finished Black Belt written test<br>(all spaces filled in, correct or incorrect) |

## All-American Society of Karate Brown Belt Out-side Tournament Report

1. What time did you arrive?
2. What was the tournament called?
3. What was the date of the tournament?
4. What time was the tournament scheduled to start?
5. What time did it start?
6. Who was the director?
7. What did he do?
8. How many kids were present?
9. How many adults?
10. How many spectators?
11. How long did it take to finish kata?
12. How long did it take to finish sparring?
13. When was it over?
14. In your opinion was the judging fair? Give Examples.
15. What were the rules for sparring?

## All-American Society of Karate Brown Belt Out-side Tournament Report

16. What were the rules for Kata?
17. How did they keep time?
18. How did they keep score?
19. Was contact hard or soft?
20. What were the safety gear requirements?
21. Did anyone use full face gear?
22. Did anyone get hurt? Explain.
23. How many divisions were there?
24. What kinds of Gi's were there?
25. How many different styles of Martial Arts did you see? Name some.
26. What were some of the differences between this tournament and one of ours?
27. Note any other information you found useful or surprising

## All-American Society of Karate Brown Belt Out-side School Report

1. What is the name of the school?
2. What is the style taught at the school?
3. Who is the Head instructor of the school?
4. How many instructors are teaching for the school?
5. How long are the classes?
6. What is the cost for training?
7. Do they require a contract?
8. What is the cost for belt testing?
9. Doe they hold their own tournaments?
10. How many kids are enrolled?
11. How many adults are enrolled?
12. What skills are taught (i.e. – weapons, kata, sparring, board breaking)?
13. If you moved would you consider attending this school?

## GUIDE FOR CLASS EXERCISES

1. Ready, on your feet.
2. Feet together, Bow.
3. Feet shoulder width apart, hands on your hips, neck rotations. Reverse. Stop. *KEEP YOUR EYES OPEN, ONLY YOUR HEAD MOVES.*
4. Hands down by your sides, arm rotations going forward. Ready, go. Reverse. Stop. *HANDS ALMOST STOP AT THE TOP, THEY DO NOT CLAP.*
5. Hands on your sides, side body bends bending to your left first. Ready, go. Reverse. Ready, back up straight. *BEND AT THE SIDE, NOT TOWARD THE STOMACH.*
6. Bring your feet back up close, both hands up by your face like a boxer. Side twist punches. Ready, Go. Okay stop. *(If it is the first time turn around and have them follow you - hands punch across the body)*
7. Feet shoulder with apart, for leg stretches. Keep your legs straight, don't bend your knees. Ready, go down grab your left ankle and try to put your head on your left knee, back up. Ready, go down grab your right ankle and try to put your head on your right knee, back up. Ready go down grab both ankles and stretch in the middle, back up.
8. Feet double shoulder with apart, leg stretches keep your legs straight, don't bend your knees. Ready, go down grab your left ankle and try to put your head on your left knee, back up. Ready, go down grab your right ankle and try to put your head on your right knee, back up. Ready, go down grab both ankles and stretch in the middle. Back up.
9. Hands on the floor in front of you come up on your heels, toes up, do the splits out as far as you can and have a seat.
10. Leg Stretches again grab your left ankle and try to put your head on your left knee, back up. Ready, down over to the right ankle and try to put your head on your right knee, back up. Ready, go down grab both ankles and stretch in the middle, try to put your head on the floor. Back up.
11. Sit-ups. Ready, class lay on your back, your going to do sit ups. So, on the count of "one" you are going to come up and touch your toes then lay back down. Ready... One, Two, Three, Four,..... Ten.
12. Ready, on your feet. Straighten your lines find your tape. Push-up position, ready, move. On the count of "one" your going to come all the way up, then go all the way back down. Ready....One, Two, Three, Four,,.....Ten. Ready, on your feet. Find your tape, fix your uniform. Attention stance. You're going to have a seat... Ready... Sit.

## All-American Society of Karate Official Brown Belt Information Sheet

### REQUIRED GEAR AND EQUIPMENT

The following items need to be with you **AT ALL TIMES!** This means at class or at any karate-related event you attend. These items must be either on your person or in your vehicle:

**Manual and Notebook**  
**Mouthpiece and Sparring Gear**  
**Focus Mitt**  
**Wooden Gun**  
**Rubber Knife**  
**Foam Club**  
**Blue Tape**

**Duct Tape**  
**Stop Watch and Whistle**  
**Towel**  
**Roll of Athletic Tape**  
**Sparring Scoring System**

**Note:** *Your stopwatch needs to be a “real” stopwatch, not a wristwatch with a stopwatch feature.  
Your Brown Belt Test will not be given if you have not turned in all up to date work out sheets and have all of your required  
Items listed above.*

### GEAR FOR NEW BROWN BELTS

Each new group of Brown Belts is responsible for acquiring the above-listed gear for they're testing from purple to brown.

### DAILY WORKOUT AND WORKOUT SHEETS

The brown belt required daily workout (Monday through Friday) consists of:

- Jump Rope 3 - 2 minute sets
- Shadow Boxing: 3 – 2 minute sets
- 15 minutes of stretching
- 50 sit-ups
- 50 push-ups
- All techniques once
- All katas once
- All self-defense once
- 15 minutes of stretching
- Instructor requested (if your instructor asks you to do a specific exercise)

**Note:** *Techniques, katas and self-defense should be done a minimum of 3 times a week.*

Workout sheets are to be filled out and turned in monthly. Darken in the square if you did the required number. If you did more or less than required, write in the number you actually did. Don't forget to fill in the totals on the right-hand side. For teaching credit, darken in one square if you taught a group of kids or adults after exercises were finished until the end of class. You do NOT get teaching credit if you just led the exercises. Don't forget to fill in your question of the month at the bottom.

Every month, make FOUR copies of your workout sheet.

1. Bring the ORIGINAL COPY to monthly meeting
2. Keep one copy for your binder
3. Keep one copy to turn in your black belt manual
4. Keep one copy to turn in with your 6-month report to Greg Beaver
5. Keep one copy for an extra

### **QUARTERLY MEETING**

Each quarter there is a meeting. Meetings takes place sometime during the first quarter of the session, usually the 3<sup>rd</sup> or 4<sup>th</sup> weekend of that month, location and time will be announced by Mr. Beaver or you can check the web site. **Attendance required.** *You have to make this meeting.*

### **BROWN BELT DIET** (*Recommended, see Mr. Beaver for your individual training plan*)

The brown belt training diet does NOT allowing the following:

No sugar, honey, or artificial sweeteners

No alcohol

No carbonated beverages

No recreational drugs

\*\*\*\*Power type bars and drinks are OK during workouts\*\*\*\*

Remember that sucrose, fructose, corn syrup, high-fructose corn syrup, etc., is just another name for SUGAR. Read labels! The main rule to keep in mind regarding sugar is that you shouldn't be eating anything SWEET except fruit. Dried fruit, such as raisins, is permissible but should be eaten in limited quantities. Your diet is optional until you have made the commitment to go for you black belt.

This is the diet and exercise program followed by prior black belt candidates to get into shape. You have to do something, you will not pass the test without preparation.....**remember the test is a hard one.**

### **DIARY**

Keep a diary for your "karate days" — any day that you attended class or any other karate-related event. Make a note of what you did, who was there, how you felt, etc. This diary should be kept in or with your binder. Your diary should start the day that you received your brown belt and continue until you receive your black belt.

### **BROWN BELT BINDER**

Keep a three-ring binder to hold all your karate information. This binder should contain workout sheets, diary, reports, notes, all class information sheets, any pertinent document related to karate. You need to have copies of all paperwork pertaining to karate classes for the black belts at each class. Have this binder, along with your required gear at all times.



### **“BLACK BOX”**

Get yourself an old shoebox and wrap it up with duct tape. Cut a slit in the top. This is your “black box” where you will deposit \$1.00 every time you commit a violation:

1. You missed or didn't finish your workout
2. You went off your diet
3. You said or thought something negative about a Black Belt

Write a note stating what the violation was, staple the note to a dollar bill, and deposit it in the box. Make sure you actually put in a dollar — no IOUs allowed! Keep the box in a safe place. The money you collect will help to pay for your Black Belt Ceremony when the time comes.

### **SIGNATURE SHEET**

Be sure to get a signature (teacher's initials) for every class you attend. You only get a class signature if you were there for both the junior and adult classes. You will need 50 class signatures to rank to 2nd degree, 100 class signatures for 1st degree, and a MINIMUM of 150 signatures to get a black belt. Remember that these are CLASS signatures. Tournament, extras, and meeting signatures do NOT apply to your 150 total, although you still need to collect these signatures. Note: *DON'T LOSE* your signature sheet! Make a Xerox copy of it every month just in case.

### **UNIFORM**

1. All Black Gi.
2. Competition uniforms; black pants, white Gi top.
3. Do not mix the black pants with colored tops or the black top with white pants from your black Gi.
4. Always have the appropriate patches on you Gi at all times.

### **ASSISTING IN CLASS**

Be at class 30 minutes early. If the head instructor isn't there, take the initiative and put blue tape on the floor, get out tables and chairs, or whatever needs to be done. Remember that you can only answer “three” questions from the parents: where the bathroom is, and how to tie the Gi or how to do a karate technique.

Brown belts are expected to help assist with the children's class. This is part of your training for black belt.

Have a clean; neat, professional appearance in class at all times. Act professional and don't be talking or visiting when you should be helping with the kids. Make sure they put their shoes up, sign in, and their belts are tied. Don't chat with the kids who are already lined up, waiting for class to start. Ask the instructor what needs to be done. Walk around and help the children with exercises like with twist punches leg stretches etc.

Do not discipline students! Report any discipline problems to the head instructor.

Be sure to maintain a positive attitude! Even if you're having a bad day, put a smile on your face. Stand at the back of the class or the side (what ever is appropriate) and look interested — don't lean on the wall.

### **Missed Classes**

If you can not make your required class you need to find a replacement for you're self and call the head instructor and let them know you will not be there.

## **TOURNAMENTS**

Classes are free, and the Austin tournament is free only if you arrive for tournament setup and tournament break down. Out-of-town ASK tournaments (Red Tiger) are free, as long as you stay and help out with the juniors.

**Important:** Please stay at the end of the Austin Tournament until Mr. Beaver dismisses you. Your help may be needed unexpectedly. Mr. Beaver would greatly appreciate you sticking around until he's sure everything is done.

## **CPR CLASSES**

Before you get your Black Belt, you need to take a certified CPR and first Aid course and keep up with the certification after you become a Black Belt.

## **REPORTS ON OUTSIDE TOURNAMENTS AND SCHOOLS**

You are required to submit a report on TWO outside (non-ASK) tournaments and THREE outside schools in order to get your black belt.

Questions for the reports on outside schools and tournaments are contained in this manual. Don't walk into the school with your list of questions showing; *memorize* the questions and bring them up in the course of the conversation. When interviewing someone at another school, remember to be polite and present a good image. DON'T be pushy! Get the person to volunteer information. If they seem hesitant, back off.

These reports can be completed any time while you are a Brown Belt. However, Mr. Beaver usually doesn't want them submitted until you take your black belt test. Check with Mr. Beaver to make sure when he wants the reports turned in.

## ASK BROWN BELT MONTHLY WORKOUT SHEET

Date Received Brown Belt: \_\_\_\_\_ Month: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Totals	
Training (1 class)																																	
Teaching (1 class)																																	
Jump Rope (3x2 min)																																	
Shadow Box (3x2 min)																																	
Sit-Ups (50 reps)																																	
Push-Ups (50 reps)																																	
Stretching (15 min)																																	
Techniques(3 sets/wk)																																	
Kata (3 sets/wk)																																	
Self-Defense(3 sets/wk)																																	
Running (opt)																																	
Aerobic/Strength(opt)																																	
Instructor Requested																																	

(Instructor requested)

Put appropriate number in each square for the amount of work that you did for each day. Bring 1 copy to quarterly meeting, and give 1 copy to Black Belt in charge of workout sheets.

**WHAT TYPE OF BROWN BELT ARE YOU?**

- Whatever it takes Brown Belt** (3-5 nights per week - every week)
- Cruising Brown Belt** (at least 1 night per week - more depending on family, job)
- Workout Brown Belt** (Comes to class and works out when can)

**Question Of the Month:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **PHONE** \_\_\_\_\_ **INSTRUCTOR** \_\_\_\_\_





The All-American Society of Karate

# Brown Belt Test

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 1 - Conditioning and Test Results**

Exercise		Total		
		Misses/ Kicks	Misses/ Kicks	Misses/ Kicks
		Round 1	Round 2	Round 3
Jump Rope	2 minutes			
Shadow Box	2 minutes			

50 Push-ups	1 set			
50 Sit-ups	1 set			

	Start	Stop	Time:	Grade
Written Test				
Demonstration				

\*\*\*\*\*

Technique Scores	Self-Defense Scores	Kata Scores
Yellow	Yellow	
Orange	Orange	
Green	Green	
Blue	Blue	
Purple	Purple	
Brown	Class	
Combos	Camp	

TOTALS

Overall Grade  Tested by: \_\_\_\_\_

Comments  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 1 - Conditioning and Test Results**

Exercise		Total		
		Misses/ Kicks	Misses/ Kicks	Misses/ Kicks
		Round 1	Round 2	Round 3
Jump Rope	2 minutes			
Shadow Box	2 minutes			

50 Push-ups	1 set			
50 Sit-ups	1 set			

	Start	Stop	Time:	Grade
Written Test				
Demonstration				

\*\*\*\*\*

Technique Scores	Self-Defense Scores	Kata Scores
Yellow	Yellow	
Orange	Orange	
Green	Green	
Blue	Blue	
Purple	Purple	
Brown	Class	
Combos	Camp	

TOTALS

Overall Grade  Tested by: \_\_\_\_\_

Comments  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

<b>TEST KEY:</b>	<b>v+ Good Technique</b>	<b>v- - 1/2 Point, needs work</b>	<b>- - 1 Point, wrong or bad technique</b>
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Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

	<b>YELLOW</b>	<b>LEFT</b>					<b>RIGHT</b>								
1	Forward Stance		H	B	S	T	L	W		H	B	S	T	L	W
2	Down Block		H	B	S	T	L	W		H	B	S	T	L	W
3	Lunge Punch		H	B	S	T	L	W		H	B	S	T	L	W
4	Double Punch		H	B	S	T	L	W		H	B	S	T	L	W
5	Triple Punch		H	B	S	T	L	W		H	B	S	T	L	W
6	Fighting Stance		H	B	S	T	L	W		H	B	S	T	L	W
7	Front Kick (front leg)		H	B	S	T	L	W		H	B	S	T	L	W
8	Front Kick (back leg)		H	B	S	T	L	W		H	B	S	T	L	W
9	Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
10	Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
11	Spinning Back Kick		H	B	S	T	L	W		H	B	S	T	L	W
12	Backfist, Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
13	Stepping Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
14	Counter Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
15	Stepping Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W

Score:

Tested by: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

	<b>YELLOW</b>	<b>LEFT</b>					<b>RIGHT</b>								
1	Forward Stance		H	B	S	T	L	W		H	B	S	T	L	W
2	Down Block		H	B	S	T	L	W		H	B	S	T	L	W
3	Lunge Punch		H	B	S	T	L	W		H	B	S	T	L	W
4	Double Punch		H	B	S	T	L	W		H	B	S	T	L	W
5	Triple Punch		H	B	S	T	L	W		H	B	S	T	L	W
6	Fighting Stance		H	B	S	T	L	W		H	B	S	T	L	W
7	Front Kick (front leg)		H	B	S	T	L	W		H	B	S	T	L	W
8	Front Kick (back leg)		H	B	S	T	L	W		H	B	S	T	L	W
9	Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
10	Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
11	Spinning Back Kick		H	B	S	T	L	W		H	B	S	T	L	W
12	Backfist, Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
13	Stepping Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
14	Counter Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
15	Stepping Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W

Score:

Tested by: \_\_\_\_\_

**KEY: H = Hesitated/B = Lost Balance/S = Sloppy/T = Too Fast/L = Looked at partner/W = Wrong Hand or Foot**



Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

	<b>ORANGE</b>	<b>LEFT</b>	<b>RIGHT</b>
1	Jab	H B S T L W	H B S T L W
2	Hook Punch	H B S T L W	H B S T L W
3	Double Roundhouse	H B S T L W	H B S T L W
4	Hook Kick	H B S T L W	H B S T L W
5	Knife Hand Strike	H B S T L W	H B S T L W
6	Front Ridge Hand	H B S T L W	H B S T L W
7	Back Ridge Hand	H B S T L W	H B S T L W
8	Check High	H B S T L W	H B S T L W
9	Check Low	H B S T L W	H B S T L W
10	Spinning Side Kick	H B S T L W	H B S T L W
11	Back Stance/Backfist Block	H B S T L W	H B S T L W
12	Fwrdr Stance/High Riser Blk	H B S T L W	H B S T L W
13	Protecting Head	H B S T L W	H B S T L W
14	Slide-up Rndhouse Kick/Punch	H B S T L W	H B S T L W
15	Backfist, Side Kick, Punch	H B S T L W	H B S T L W
16	Backfist, Hook Kick, Punch	H B S T L W	H B S T L W
17	Jab, Punch, Hook Punch	H B S T L W	H B S T L W

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

	<b>ORANGE</b>	<b>LEFT</b>	<b>RIGHT</b>
1	Jab	H B S T L W	H B S T L W
2	Hook Punch	H B S T L W	H B S T L W
3	Double Roundhouse	H B S T L W	H B S T L W
4	Hook Kick	H B S T L W	H B S T L W
5	Knife Hand Strike	H B S T L W	H B S T L W
6	Front Ridge Hand	H B S T L W	H B S T L W
7	Back Ridge Hand	H B S T L W	H B S T L W
8	Check High	H B S T L W	H B S T L W
9	Check Low	H B S T L W	H B S T L W
10	Spinning Side Kick	H B S T L W	H B S T L W
11	Back Stance/Backfist Block	H B S T L W	H B S T L W
12	Fwrdr Stance/High Riser Blk	H B S T L W	H B S T L W
13	Protecting Head	H B S T L W	H B S T L W
14	Slide-up Rndhouse Kick/Punch	H B S T L W	H B S T L W
15	Backfist, Side Kick, Punch	H B S T L W	H B S T L W
16	Backfist, Hook Kick, Punch	H B S T L W	H B S T L W
17	Jab, Punch, Hook Punch	H B S T L W	H B S T L W

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

**KEY: H = Hesitated/B = Lost Balance/S = Sloppy/T = Too Fast/L = Looked at partner/W = Wrong Hand or Foot**

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

Part 2 - Techniques

	GREEN	LEFT	RIGHT
1	Jump Front Kick	H B S T L W	H B S T L W
2	Turning Hook Kick	H B S T L W	H B S T L W
3	Back Leg Crescent Kick	H B S T L W	H B S T L W
4	Back Leg Rev. Crescent Kick	H B S T L W	H B S T L W
5	Spinning Backfist Strike	H B S T L W	H B S T L W
6	Upper Cut	H B S T L W	H B S T L W
7	Back Leg Roundhouse Kick	H B S T L W	H B S T L W
8	Jab, Punch, Upper cut, Jab, Punch, Hook Punch	H B S T L W	H B S T L W
9	Double Jab, Hook Punch	H B S T L W	H B S T L W
10	Jab, Hook Kick, Punch, Hook Punch	H B S T L W	H B S T L W
11	Slide-up Roundhouse Kick, Punch, Hook Punch, Roundhouse	H B S T L W	H B S T L W
12	Jab, Hook Kick, Punch, Hook Punch Low Roundhouse Kick	H B S T L W	H B S T L W

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

Part 2 - Techniques

	GREEN	LEFT	RIGHT
1	Jump Front Kick	H B S T L W	H B S T L W
2	Turning Hook Kick	H B S T L W	H B S T L W
3	Back Leg Crescent Kick	H B S T L W	H B S T L W
4	Back Leg Rev. Crescent Kick	H B S T L W	H B S T L W
5	Spinning Backfist Strike	H B S T L W	H B S T L W
6	Upper Cut	H B S T L W	H B S T L W
7	Back Leg Roundhouse Kick	H B S T L W	H B S T L W
8	Jab, Punch, Upper cut, Jab, Punch, Hook Punch	H B S T L W	H B S T L W
9	Double Jab, Hook Punch	H B S T L W	H B S T L W
10	Jab, Hook Kick, Punch, Hook Punch	H B S T L W	H B S T L W
11	Slide-up Roundhouse Kick, Punch, Hook Punch, Roundhouse	H B S T L W	H B S T L W
12	Jab, Hook Kick, Punch, Hook Punch Low Roundhouse Kick	H B S T L W	H B S T L W

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

**KEY: H = Hesitated/B = Lost Balance/S = Sloppy/T = Too Fast/L = Looked at partner/W = Wrong Hand or Foot**

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

	<b>BLUE</b>	<b>LEFT</b>					<b>RIGHT</b>								
1	Jump Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
2	Flying Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
3	Jump Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
4	Jump Spinning Back Kick		H	B	S	T	L	W		H	B	S	T	L	W
5	Spinning Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
6	Lead Leg Back Kick		H	B	S	T	L	W		H	B	S	T	L	W
7	Inside Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
8	Front Reverse Crescent Kick		H	B	S	T	L	W		H	B	S	T	L	W
9	Sliding Low Roundhouse kick, High Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
10	Stepping High Roundhouse Kick, Punch, Hook Punch, Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
11	Slide up Roundhouse Kick, Punch, Hook Punch, Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
12	Double Jab, Side Kick		H	B	S	T	L	W		H	B	S	T	L	W

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

	<b>BLUE</b>	<b>LEFT</b>					<b>RIGHT</b>								
1	Jump Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
2	Flying Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
3	Jump Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
4	Jump Spinning Back Kick		H	B	S	T	L	W		H	B	S	T	L	W
5	Spinning Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
6	Lead Leg Back Kick		H	B	S	T	L	W		H	B	S	T	L	W
7	Inside Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
8	Front Reverse Crescent Kick		H	B	S	T	L	W		H	B	S	T	L	W
9	Sliding Low Roundhouse kick, High Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
10	Stepping High Roundhouse Kick, Punch, Hook Punch, Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
11	Slide up Roundhouse Kick, Punch, Hook Punch, Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
12	Double Jab, Side Kick		H	B	S	T	L	W		H	B	S	T	L	W

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

**KEY:** H = Hesitated/B = Lost Balance/S = Sloppy/T = Too Fast/L = Looked at partner/W = Wrong Hand or Foot

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

<b>PURPLE</b>		<b>LEFT</b>						<b>RIGHT</b>							
1	Spinning Rev. Crescent Kick		H	B	S	T	L	W		H	B	S	T	L	W
2	Jump Spinning Rev/Crescent		H	B	S	T	L	W		H	B	S	T	L	W
3	Turning Jump Crescent		H	B	S	T	L	W		H	B	S	T	L	W
4	Side/Round/Hook (4 sets)		H	B	S	T	L	W		H	B	S	T	L	W
5	Stepping Hook Kick, Punch, Low Hook Punch, High Hook Punch, Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
6	Step-up Fake Low Roundhouse Kick, High Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
7	Step-up Fake Low Roundhouse Kick, Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
8	Double Jab, Punch, Low Hook Punch, High Hook Punch, Low Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
9	Hook Punch Low, Hook Punch low, Hook Punch High		H	B	S	T	L	W		H	B	S	T	L	W

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

<b>PURPLE</b>		<b>LEFT</b>						<b>RIGHT</b>							
1	Spinning Rev. Crescent Kick		H	B	S	T	L	W		H	B	S	T	L	W
2	Jump Spinning Rev/Crescent		H	B	S	T	L	W		H	B	S	T	L	W
3	Turning Jump Crescent		H	B	S	T	L	W		H	B	S	T	L	W
4	Side/Round/Hook (4 sets)		H	B	S	T	L	W		H	B	S	T	L	W
5	Stepping Hook Kick, Punch, Low Hook Punch, High Hook Punch, Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
6	Step-up Fake Low Roundhouse Kick, High Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
7	Step-up Fake Low Roundhouse Kick, Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
8	Double Jab, Punch, Low Hook Punch, High Hook Punch, Low Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
9	Hook Punch Low, Hook Punch low, Hook Punch High		H	B	S	T	L	W		H	B	S	T	L	W

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

**KEY: H = Hesitated/B = Lost Balance/S = Sloppy/T = Too Fast/L = Looked at partner/W = Wrong Hand or Foot**

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

<b>BROWN - 3RD LEVEL</b>		<b>LEFT</b>					<b>RIGHT</b>								
1	Slide-up Side Kick, Step Down Counter Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
2	Slide-up Side Kick, Hook Kick, Hook Punch		H	B	S	T	L	W		H	B	S	T	L	W
3	Slide-up Fake Side Kick, Punch, Hook Punch		H	B	S	T	L	W		H	B	S	T	L	W
4	Slide-up Roundhouse Kick, Hook Punch Low, Hook Punch Low, Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W

Score:

Tested by: \_\_\_\_\_

<b>BROWN - 2ND LEVEL</b>		<b>LEFT</b>					<b>RIGHT</b>								
<b>**** ALL DONE BOBBING****</b>															
1	Slide-up Fake Hook Kick, Pivot into Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
2	Slide-up Fake Hook Kick, Side Kick to The Ribs		H	B	S	T	L	W		H	B	S	T	L	W
3	Slide-up Roundhouse Kick to The Body		H	B	S	T	L	W		H	B	S	T	L	W
4	Slide-up Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
5	Slide-up Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W

Score:

Tested by: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

<b>BROWN - 3RD LEVEL</b>		<b>LEFT</b>					<b>RIGHT</b>								
1	Slide-up Side Kick, Step Down Counter Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W
2	Slide-up Side Kick, Hook Kick, Hook Punch		H	B	S	T	L	W		H	B	S	T	L	W
3	Slide-up Fake Side Kick, Punch, Hook Punch		H	B	S	T	L	W		H	B	S	T	L	W
4	Slide-up Roundhouse Kick, Hook Punch Low, Hook Punch Low, Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W

Score:

Tested by: \_\_\_\_\_

<b>BROWN - 2ND LEVEL</b>		<b>LEFT</b>					<b>RIGHT</b>								
<b>**** ALL DONE BOBBING****</b>															
1	Slide-up Fake Hook Kick, Pivot into Roundhouse Kick		H	B	S	T	L	W		H	B	S	T	L	W
2	Slide-up Fake Hook Kick, Side Kick to The Ribs		H	B	S	T	L	W		H	B	S	T	L	W
3	Slide-up Roundhouse Kick to The Body		H	B	S	T	L	W		H	B	S	T	L	W
4	Slide-up Side Kick		H	B	S	T	L	W		H	B	S	T	L	W
5	Slide-up Hook Kick		H	B	S	T	L	W		H	B	S	T	L	W

Score:

Tested by: \_\_\_\_\_

**KEY: H = Hesitated/B = Lost Balance/S = Sloppy/T = Too Fast/L = Looked at partner/W = Wrong Hand or Foot**

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 2 - Techniques**

**BROWN - 1ST LEVEL**                      LEFT                      RIGHT

\*\*\*\*ALL DONE BOBBING\*\*\*\*

1	Step-up Side Kick, Backfist, Punch, Hook Punch	<input type="checkbox"/> H	<input type="checkbox"/> B	<input type="checkbox"/> S	<input type="checkbox"/> T	<input type="checkbox"/> L	<input type="checkbox"/> W	<input type="checkbox"/> H	<input type="checkbox"/> B	<input type="checkbox"/> S	<input type="checkbox"/> T	<input type="checkbox"/> L	<input type="checkbox"/> W
2	Jab, Cross, Hook Punch, Counter with Hook Kick	<input type="checkbox"/> H	<input type="checkbox"/> B	<input type="checkbox"/> S	<input type="checkbox"/> T	<input type="checkbox"/> L	<input type="checkbox"/> W	<input type="checkbox"/> H	<input type="checkbox"/> B	<input type="checkbox"/> S	<input type="checkbox"/> T	<input type="checkbox"/> L	<input type="checkbox"/> W

Score:

Tested by: \_\_\_\_\_

COMMENTS: \_\_\_\_\_

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**BROWN - 1ST LEVEL**                      LEFT                      RIGHT

\*\*\*\*ALL DONE BOBBING\*\*\*\*

1	Step-up Side Kick, Backfist, Punch, Hook Punch	<input type="checkbox"/> H	<input type="checkbox"/> B	<input type="checkbox"/> S	<input type="checkbox"/> T	<input type="checkbox"/> L	<input type="checkbox"/> W	<input type="checkbox"/> H	<input type="checkbox"/> B	<input type="checkbox"/> S	<input type="checkbox"/> T	<input type="checkbox"/> L	<input type="checkbox"/> W
2	Jab, Cross, Hook Punch, Counter with Hook Kick	<input type="checkbox"/> H	<input type="checkbox"/> B	<input type="checkbox"/> S	<input type="checkbox"/> T	<input type="checkbox"/> L	<input type="checkbox"/> W	<input type="checkbox"/> H	<input type="checkbox"/> B	<input type="checkbox"/> S	<input type="checkbox"/> T	<input type="checkbox"/> L	<input type="checkbox"/> W

Score:

Tested by: \_\_\_\_\_

COMMENTS: \_\_\_\_\_

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Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 3 - Self-Defense**

	LEFT	RIGHT
<b>YELLOW</b>		
1 Straight Wrist Grab		
2 Cross Wrist Grab		
3 Double Wrist Grab		
<b>ORANGE</b>		
4 Right Lapel Grab		
5 Left Lapel Grab		
6 Double Lapel Grab		
<b>GREEN</b>		
7 Straight Wrist Grab		
8 Cross Wrist Grab		
9 Double Wrist Grab		

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 3 - Self-Defense**

	LEFT	RIGHT
<b>YELLOW</b>		
1 Straight Wrist Grab		
2 Cross Wrist Grab		
3 Double Wrist Grab		
<b>ORANGE</b>		
4 Right Lapel Grab		
5 Left Lapel Grab		
6 Double Lapel Grab		
<b>GREEN</b>		
7 Straight Wrist Grab		
8 Cross Wrist Grab		
9 Double Wrist Grab		

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

KEY: H = Hesitated/B = Lost Balance/S = Sloppy/T = Too Fast/L = Looked at partner/W = Wrong Hand or Foot

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 3 - Self-Defense**

		LEFT		RIGHT	
<b>BLUE **** (Actually Grab!) ****</b>					
10	Right Lapel Grab				
11	Left Lapel Grab				
12	Double Lapel Grab				
<b>PURPLE</b>					
13	Right Straight Shoulder Grab				
14	Right Cross Shoulder Grab				
15	Double Shoulder Grab				

Score: \_\_\_\_\_ Tested by: \_\_\_\_\_

COMMENTS:  
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Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 3 - Self-Defense**

		LEFT		RIGHT	
<b>BLUE **** (Actually Grab!) ****</b>					
10	Right Lapel Grab				
11	Left Lapel Grab				
12	Double Lapel Grab				
<b>PURPLE</b>					
13	Right Straight Shoulder Grab				
14	Right Cross Shoulder Grab				
15	Double Shoulder Grab				

Score: \_\_\_\_\_ Tested by: \_\_\_\_\_

COMMENTS:  
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Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 3 - Self-Defense Continued**

		LEFT		RIGHT	
CLASSROOM					
1	Rear Head Lock				
2	Rear Arm Lock				
3	Rear Bear Hug, Over the arms				
4	Rear Bear Hug, Under the arms				
5	Front Bear Hug, Over the arms				
6	Front Bear Hug, Under the arms				
7	Front Choke				
8	Gun At Stomach				
9	Gun Side of Head, Inside				
10	Gun Side of Head, Outside				
11	Gun Center of Back				
12	Gun Back of Head				
13	Knife At Stomach				
14	Knife Stab				
15	Knife Double Slash				
16	Club				

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

		LEFT		RIGHT	
CLASSROOM					
1	Rear Head Lock				
2	Rear Arm Lock				
3	Rear Bear Hug, Over the arms				
4	Rear Bear Hug, Under the arms				
5	Front Bear Hug, Over the arms				
6	Front Bear Hug, Under the arms				
7	Front Choke				
8	Gun At Stomach				
9	Gun Side of Head, Inside				
10	Gun Side of Head, Outside				
11	Gun Center of Back				
12	Gun Back of Head				
13	Knife At Stomach				
14	Knife Stab				
15	Knife Double Slash				
16	Club				

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 3 - Self-Defense Continued**

		LEFT		RIGHT	
CAMP					
1	Rear Head Lock				
2	Rear Arm Lock				
3	Rear Bear Hug, Over the arms				
4	Rear Bear Hug, Under the arms				
5	Front Bear Hug, Over the arms				
6	Front Bear Hug, Under the arms				
7	Front Choke				

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

**Comments:**  
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Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

		LEFT		RIGHT	
CAMP					
1	Rear Head Lock				
2	Rear Arm Lock				
3	Rear Bear Hug, Over the arms				
4	Rear Bear Hug, Under the arms				
5	Front Bear Hug, Over the arms				
6	Front Bear Hug, Under the arms				
7	Front Choke				

Score: \_\_\_\_\_

Tested by: \_\_\_\_\_

**Comments:**  
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Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 4 - Kata**

<b>H-Form 1</b>		F/S	B/S	H/S	C/S	R/S	W
<b>H-Form 2</b>		F/S	B/S	H/S	C/S	R/S	W
<b>H-Form 3</b>		F/S	B/S	H/S	C/S	R/S	W
<b>H-Form 4</b>		F/S	B/S	H/S	C/S	R/S	W
<b>To-San</b>		F/S	B/S	H/S	C/S	R/S	W
<b>Hein 4</b>		F/S	B/S	H/S	C/S	R/S	W

<b>H-Form 1</b>		F/S	B/S	H/S	C/S	R/S	W
<b>H-Form 2</b>		F/S	B/S	H/S	C/S	R/S	W
<b>H-Form 3</b>		F/S	B/S	H/S	C/S	R/S	W
<b>H-Form 4</b>		F/S	B/S	H/S	C/S	R/S	W
<b>To-San</b>		F/S	B/S	H/S	C/S	R/S	W
<b>Hein 4</b>		F/S	B/S	H/S	C/S	R/S	W

Score:

Tested by: \_\_\_\_\_

Score:

Tested by: \_\_\_\_\_

Key: F/S = Forward Stance / B/S = Back Stance / H/S = Horse Stance / C/S = Cat Stance  
 R/S = Rear Def. Stance / W = Wrong Technique, Block, Kick

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Testing for: \_\_\_\_\_ Date: \_\_\_\_\_

**Part 4 - Kata**

<b>Hwa Rang</b>		F/S	B/S	H/S	C/S	R/S	W
<b>Tekkie 1</b>		F/S	B/S	H/S	C/S	R/S	W
<b>Chung Mu</b>		F/S	B/S	H/S	C/S	R/S	W
<b>Original</b>		F/S	B/S	H/S	C/S	R/S	W
<b>Original Musical or Weapon</b>		F/S	B/S	H/S	C/S	R/S	W

<b>Hwa Rang</b>		F/S	B/S	H/S	C/S	R/S	W
<b>Tekkie 1</b>		F/S	B/S	H/S	C/S	R/S	W
<b>Chung Mu</b>		F/S	B/S	H/S	C/S	R/S	W
<b>Original</b>		F/S	B/S	H/S	C/S	R/S	W
<b>Original Musical or Weapon</b>		F/S	B/S	H/S	C/S	R/S	W

Score:

Tested by: \_\_\_\_\_

Score:

Tested by: \_\_\_\_\_

Key: F/S = Forward Stance / B/S = Back Stance / H/S = Horse Stance / C/S = Cat Stance  
 R/S = Rear Def. Stance / W = Wrong Technique, Block, Kick