

AMERICAN KANG DUK WON KARATE

PLEASE PRINT

Test Fee Received _____ cash/check

Name _____ Date of Birth _____
First M Last Month Day Year

Address _____ Phone _____
(This address will be used to notify you of test results.)

Length of Time at Present Belt _____ Age _____ Ht. _____ Wt. _____ Sex _____ Belt Requested _____ Gyup _____

Dojang _____ Instructor's Name _____ Date of Last Camp _____ Date of Test _____

STANCES:

CHUNBI _____
 ATTENTION _____
 HORSE ST _____
 FRONT ST _____
 BACK ST _____
 CAT ST _____

PROCEDURES:

HSCP _____
 KM _____
 BF _____
 BOW _____
 UNIFORM _____
 POWER _____
 SD _____
 FF _____

OTHER:

Breathing _____
 Turning _____
 Ippon Kumites _____
 Chamber _____
 Kihap _____
 History _____

KICKS:

CK _____
 Rev. Cst. K _____
 Cst. K _____
 SK _____
 RHK _____
 Trn. K _____

BASIC FORMS:

DB _____
 CB _____
 HB _____
 CP _____
 CB/BS _____
 KHB _____
 OB/HS _____
 PHS _____
 LKHS/BS _____
 SP/HS _____
 HZ-1 _____
 HZ-2 _____
 CKHB/FS _____
 DB/rvp _____
 HB/rvp _____

CB/rvp _____
 CK/lgp _____
 CK/dblp _____
 SKHS _____
 CB/rvp/BS _____
 KHS/FS _____
 REIN. CB/FS _____
 REIN. CB/BS _____
 CK/HB/rvp _____
 DB/HB _____
 DB/HB/rvp _____
 OB/BF/HS _____
 Skp. CK _____
 Skp. CK/dblp _____
 Tpl. P. _____

POOM-SE:

Pal. 1 Il Jang _____
 Pal. 2 Yi Jang _____
 Pal. 3 Sam Jang _____
 Pal. 4. Sa Jang _____
 Pal. 5 O Jang _____
 Pal. 6 Yuk Jang _____
 Pal. 7 Chil Jang _____
 Pal. 8 Pal Jang _____

Comments:

Recommendation: PASS/RETEST _____ Date _____

Signature (Black Belt)

It is my desire to test for the next highest grade and I understand what is expected of me. I will do my best keeping in mind the spirit of Kang Duk Won and that failure will be accomplished by myself.

All testing is based on the principles of the Kang Duk Won and accomplished only by representatives of said organization.

Student's Signature _____

The information checked is for you to correct for retest or to prepare for your next belt. One check needs some work, two checks needs medium work, and three checks needs maximum concentration in this area.

THIS INFORMATION IS CONFIDENTIAL AND FOR YOUR OWN USE. THIS COPY IS NOT TO BE SHOWN TO PERSONS OTHER THAN YOUR INSTRUCTOR.

KEY

FS Front Stance	Tpl. P. Triple Punch	KHB Knife Hand Block	CK Center Kick
BS Back Stance	Rein. Reinforced	OB Outside Block	SKHS Short Knife Hand Strike
HS Horse Stance	DB Down Block	PHS Palm Heel Strike	SK Side Kick
rvp Reverse Punch	CB Center Block	LKHS Long Knife Hand Strike	RHK Round House Kick
lgp Lunge Punch	HB High Block	SP Side Punch	CKHB Circular Knife Hand Block
dblp Double Punch	CP Center Punch	HZ Hanza	

