



# CHONG HYO CENTURY TAE KWON DO & SWORD ART

PROMOTIONAL EXAMINATION

## BLACK BELT TEST

NAME: \_\_\_\_\_ DATE OF TEST: \_\_\_\_/\_\_\_\_/\_\_\_\_ CURENT GRADE: \_\_\_\_\_ (dan. Poom)

DAN CERTIFICATE No. \_\_\_\_\_ DAN APPLIED FOR: \_\_\_\_\_ TEST#: \_\_\_\_\_

Physical & Personal Development	Comments	Physical & Personal Development	Comments
Stationary Hand		Speed	
Stationary Kick		Accuracy of Movement	
Basic & Combination		Personal Form	
Respect		Self - Defense (15 old & up)	
Poomse (Form)		Confidence	
Round Robin Sparring		Attitude	
Power		Spirit	
Concentration		Jump Kick	
Balance		Breaking (15 old & up)	
Ki Hap		Essay	

Comments \_\_\_\_\_

JUDGE BY NAME: \_\_\_\_\_ DAN CERTIFICATE No. \_\_\_\_\_ PASS \_\_\_\_\_ FAIL \_\_\_\_\_



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