

Testing

Congratulations! You have worked hard and are now ready to test.

Testing is an important part of the CTF teaching program. You must prepare by learning **all your patterns, definitions, and one-steps**. In addition, at Green Belt and above, you will be expected to **demonstrate what you have learned regarding free sparring**. At Blue Belt and above, you will be expected to **participate in a power demonstration by breaking wood** at each testing. Be sure you have discussed your breaking techniques with your instructor and received approval of your selection prior to the testing. Wood is provided at the testing.

Come to the testing a little early to allow time to warm up and ask any last minute questions you may have.

Remember, this is a formal occasion and requires that you wear your traditional white uniform!

You will need to register in advance of the testing date. See your instructor to register and pay your testing fee.

Additionally, all white belts and any students whose membership has expired in the Choong Sil Taekwondo Federation will need to complete a CTF membership card and pay the annual membership fee of \$25.00 before they test.

Testing is a very special occasion and a great time to demonstrate to your family and friends how much you have achieved! Be sure to bring them with you to the testing.

Good Luck!

Green Belt Testing Goals

Grades 1 & 2

Completed

- I. Attend class _____ times a week
(Minimum classes between testings - 20) _____

- II. Learn new patterns
 - A) Won Hyo _____
 - B) Yong Gom _____

- III. Free Sparring
 - A) Lead Leg Set _____
 - B) _____ _____

- IV. Definitions
 - A) Won Hyo _____
 - B) Yong Gom _____

- V. Review all previous material learned
At Green Belt you will be asked to perform all patterns you have learned, as well as all definitions. _____

- VI. Special Goals:

Green Belt Testing Goals

Grades 3 & 4

Completed

- I. Attend class _____ times a week
(Minimum classes between testings - 16) ___

- II. Learn new patterns
 - A) Yul Gok ___

 - B) Yong Gom ___

- III. Free Sparring
 - A) Lead Leg Set ___
 - B) Spin Kick Set ___
 - C) _____ ___

- IV. Definitions
 - A) Yul Gok ___
 - B) Yong Gom ___

- V. Review all previous material learned ___
At Green Belt you will be asked to perform all patterns you have learned, as well as all definitions.

- VI. Special Goals:
 - _____ ___
 - _____ ___
 - _____ ___