

Red Belt Test Sheet

Name _____

Belt Size _____

Date: _____

Psalm 121 New International Version (NIV) A song of ascents.

1 I lift up my eyes to the mountains—where does my help come from? 2 My help comes from the Lord, the Maker of heaven and earth. 3 He will not let your foot slip—he who watches over you will not slumber; 4 indeed, he who watches over Israel will neither slumber nor sleep. 5 The Lord watches over you—the Lord is your shade at your right hand; 6 the sun will not harm you by day, nor the moon by night. 7 The Lord will keep you from all harm—he will watch over your life; 8 the Lord will watch over your coming and going both now and forevermore.

☐ (Worth 10 points)

☐ School Creed, 5 tenets of the Dojos of the Risen Son, with full Creed (Worth 10 points)

Stances (1 point each)

- ☐ Fighting ☐ Front ☐ Riding ☐ Back ☐ Rear foot ☐ Side
☐ Bending ready ☐ X-stance

Blocks (1 point each)

- ☐ Low ☐ Outer Forearm ☐ Inner Forearm ☐ High ☐ X Block ☐ Circle ☐ Hooking palm ☐ Wedging ☐ Knife hand guarding
☐ Forearm guarding ☐ Twin outer forearm ☐ Twin knife hand ☐ Double inner forearm ☐ Reverse Knife Hand Block
☐ Upwards Palm ☐ Double Palm ☐ U-Shaped

Strikes (1 point each)

- ☐ Middle Punch ☐ Inward knife hand ☐ Knife Hand ☐ Palm Heel ☐ Spear finger thrust ☐ Back Fist ☐ Elbow
☐ Fixed back stance punch ☐ Reverse Knife Hand ☐ Hammer Fist ☐ Double Vertical Punch ☐ Upset Punch ☐ Double Upset Punch
☐ Angle Punch

Kicks (1 point each)

- ☐ Front Leg Front ☐ Back Leg Front ☐ Side ☐ Step Through Side ☐ Roundhouse ☐ Jump Front ☐ Knee ☐ Hook Kick
☐ Inside Crescent ☐ Outside Crescent ☐ Back Kick ☐ Foot Sweep ☐ Back leg side kick ☐ Ax Kick ☐ Spinning Back ☐ Reap

Technique (5 points each)

- ☐ Flow with sharp movement ☐ Looking at Target ☐ Loud Kyops ☐ Passion ☐ Power

Break Red Board (5 points each)

- ☐ Strike ☐ Kick

Defensive Techniques 1-12 (5 points each)

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12

Forms (10 points each)

- ☐ Chon-Ji Hyung ☐ Dan-Gun Hyung ☐ Do-San Hyung ☐ Won-Hyo Hyung ☐ Yul-Gok Hyung ☐ Joong-Gun Hyung

☐ 30 Push ups (Worth 10 points)