

Yellow Belt Test Sheet

Name _____

Belt Size _____

Date: _____

John 3:16 New International Version (NIV)

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ☐ (Worth 10 Points)

Romans 6:23 New International Version (NIV)

23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. ☐ (Worth 10 points)

☐ School Creed, 5 tenets of the Dojos of the Risen Son, just the 5, no creed (Worth 10 points)

Stances (1 point each)

☐ Fighting

☐ Front

☐ Riding

☐ Back

☐ Rear foot

☐ Side

Blocks (1 point each)

☐ Low

☐ Outer Forearm

☐ Inner Forearm

☐ High

☐ Front

Strikes (1 point each)

☐ Middle Punch

☐ Palm Heel

Kicks (1 point each)

☐ Front

☐ Side

☐ Step Through Side

☐ Roundhouse

Technique (5 points each)

☐ Flow with sharp movement

☐ Looking at Target

☐ Loud Kyops

☐ Passion

One Steps 1- 2 (5 points each)

☐ 1

☐ 2

Forms (10 points each)

☐ Chon-Ji Hyung

☐ 10 Push ups (Worth 10 points)