

Blue Belt Test Sheet

Name _____

Belt Size _____

Date: _____

Ephesians 6:11-17 New International Version (NIV)

11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.

☐ (Worth 10 points)

Hebrews 12:1-3 New International Version (NIV)

12 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

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

☐ (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

☐ Wedging

☐ Knife hand guarding

☐ Twin outer forearm

Strikes (1 point each)

☐ Middle Punch

☐ Inward knife hand

☐ Knife Hand

☐ Palm Heel

☐ Spear finger thrust

☐ Back Fist

☐ Reverse Knife Hand

Kicks (1 point each)

☐ Front

☐ Side

☐ Step Through Side

☐ Roundhouse

☐ Jump Front

☐ Inside Crescent

☐ Outside Crescent

☐ Back Kick

☐ Back leg side kick

Technique (5 points each)

☐ Flow with sharp movement

☐ Looking at Target

☐ Loud Kyops

☐ Passion

Break Blue Board (5 points each)

☐ Strike

☐ Kick

One Steps 1- 6 (5 points each)

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

Forms (10 points each)

☐ Chon-Ji Hyung

☐ Dan-Gun Hyung

☐ Do-San Hyung

☐ 15 Push ups (Worth 10 points)