

Date: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 TKD School: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 State: \_\_\_\_\_  
 Instructor's Name: \_\_\_\_\_  
 Total Time Training: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Medical Issues / Restrictions: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

U.S. Chung Do Kwan Association



Florida Region

Grade Scale:  
 9.5 to 10 = A+  
 8.5 to 9.0 = A  
 7.5 to 8.0 = B  
 6.5 to 7.0 = C  
 5.5 to 6.0 = F

Total Score:

Letter Grade:

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Subject/Technique	Student's Self Evaluation	Official's Score	Comments
1 Inspection			
2 Customs & Courtesies			
<b>Fundamentals</b>	Sub total #1&2		
3 Basic Fundamentals			
4 Additional Fundamentals			
5 Advanced Kicks			
6 Combinations			
<b>Poom'se</b>	Sub total #3-6		
7 Tae Guek IL, Ee & Som Chong			
8 Tae Guek Sa & Oh Chong			
9 Tae Guek Yuk Chong			
10 Tae Guek Chil Chong			
11 Tae Guek Pil Chong			
12 Poomse Kor'yo			
13 Da'lee Hyung IL Chong			
14 Geumgang Hyung			
15 Da'lee Hyung Ee Chong			
16 Tae'beuk			
17 Ba'Sai			
<b>One Step Sparring</b>	Sub total #7-17		
18 #1 - 20			
19 #21 - 40			
20 Advanced			
21 Take Downs			
22 Unorthodox			
23 Self Defense			
24 Knife Defense			
<b>Free Sparring</b>	Sub total #18-24		
25 WTF			
26 Multiple			
27 USCDKA			
<b>Stamina Test</b>	Sub total #25-27		
28 Push ups (min 25)			Count:
29 Sit ups (min 25)			Count:
30 Running (5 Min.)			
<b>Extras</b>	Sub total #28-30		
31 Breaking			
32 Specialty Kicks (touch test)			
33 Quiz			
34 Essay			
35 Portfolio			
<b>Total</b>			

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 Official's Signature