

# Five White Tigers Martial Arts Exam Sheet

## Blue Belt Tip #1

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Forms	Grade				Comments				
Pinan Chodan	A	B	C	D					
Pinan Idan	A	B	C	D					
Pinan Samdan	A	B	C	D					
Kicks	Grade Left Leg				Grade Right Leg				Comments
Ap Chagi	A	B	C	D	A	B	C	D	
Ax Chagi	A	B	C	D	A	B	C	D	
Tolyo Chagi	A	B	C	D	A	B	C	D	
Yup Chagi	A	B	C	D	A	B	C	D	
BOF Tolyo	A	B	C	D	A	B	C	D	
Duro Chagi	A	B	C	D	A	B	C	D	
Spin Kick	A	B	C	D	A	B	C	D	
Idan Ap Chagi	A	B	C	D	A	B	C	D	
Tal Chagi	A	B	C	D	A	B	C	D	
Idan Ax Chagi	A	B	C	D	A	B	C	D	
Hook Kick	A	B	C	D	A	B	C	D	
Self Defense	Grade				Comments				
4	A	B	C	D					
5	A	B	C	D					
6	A	B	C	D					
7	A	B	C	D					
8	A	B	C	D					
9	A	B	C	D					
10	A	B	C	D					
3 Own	A	B	C	D					
One Steps	Grade				Comments				
4	A	B	C	D					
5	A	B	C	D					
6	A	B	C	D					
7	A	B	C	D					
8	A	B	C	D					
9	A	B	C	D					
10	A	B	C	D					
3 Own	A	B	C	D					
Knife Defense	Grade				Comments				
Thrusting	A	B	C	D					
Outside Slash	A	B	C	D					
Inside Slash	A	B	C	D					
Stabbing	A	B	C	D					

Evaluating Black Belt \_\_\_\_\_