

# Five White Tigers Martial Arts Exam Sheet

## Gold Belt

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

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

Fee: \$20

Paid: \$ \_\_\_\_\_

Certificate Complete

| Forms              | Grade          |   |   |   | Comments        |   |   |   |          |  |  |  |
|--------------------|----------------|---|---|---|-----------------|---|---|---|----------|--|--|--|
| Kibon 1            | A              | B | C | D |                 |   |   |   |          |  |  |  |
| Kibon 2            | A              | B | C | D |                 |   |   |   |          |  |  |  |
| Terminology        | Grade          |   |   |   | Comments        |   |   |   |          |  |  |  |
| Kima Chirugi       | A              | B | C | D |                 |   |   |   |          |  |  |  |
| Hadan Makki        | A              | B | C | D |                 |   |   |   |          |  |  |  |
| Paro Chirugi       | A              | B | C | D |                 |   |   |   |          |  |  |  |
| Sangdan Makki      | 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 |          |  |  |  |
| Self Defense       | Grade          |   |   |   | Comments        |   |   |   |          |  |  |  |
| 2                  | A              | B | C | D |                 |   |   |   |          |  |  |  |
| 3                  | A              | B | C | D |                 |   |   |   |          |  |  |  |
| 4                  | A              | B | C | D |                 |   |   |   |          |  |  |  |
| One Steps          | Grade          |   |   |   | Comments        |   |   |   |          |  |  |  |
| 2                  | A              | B | C | D |                 |   |   |   |          |  |  |  |
| 3                  | A              | B | C | D |                 |   |   |   |          |  |  |  |
| 4                  | A              | B | C | D |                 |   |   |   |          |  |  |  |
| Breaking           | # Of Attempts  |   |   |   | Comments        |   |   |   |          |  |  |  |
| Hammerfist         |                |   |   |   |                 |   |   |   |          |  |  |  |
| Counterforce Break |                |   |   |   |                 |   |   |   |          |  |  |  |

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