

Five White Tigers Martial Arts Exam Sheet

Red Belt

Student Name: _____

Date: _____

Fee: \$70

Paid: \$ _____

Certificate Complete

Forms	Grade				Comments				
Pinan Idan	A	B	C	D					
Pinan Samdan	A	B	C	D					
Pinan Sadan	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 Chagi	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	
Idan Tolyo Chagi	A	B	C	D	A	B	C	D	
Idan Yup Chagi	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					
4 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					
4 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					
Breaking	# Of Attempts				Comments				
Idan Yup Chagi									
Counterforce Break									

Evaluating Black Belt _____