



North Austin Tae Kwon Do
7.5th Gup Green Belt Exam

Name: _____ Date of Birth: _____

Techniques	Reps	Score
(FtS) Sliding Front Kick	3	
(HS) Sliding Round House Kick	3	
(FtS) Sliding Side Kick	3	
(FtS) Front Kick Round Kick	3	
(FtS) Back Fist Reverse Punch	3	
Falling Techniques	Reps	Score
Front Fall	2	
Back Fall	2	
Side Fall	2	
Forward Roll	2	
Form(s)	Reps	Score
Do-San	N/A	
Self-Defense	Reps	Score
SD-9 Front Choke (Inside Wrist Grab)	N/A	
SD-10 Front Choke (Outside Wrist Grab)	N/A	
Sparring	Reps	Score
One Step Sparring 5-6	N/A	
Academic Knowledge	Reps	Score
Overall Academic Knowledge	N/A	
Breaking	Reps	Score
Green Board, Side Kick	N/A	

* Scale: 1- Fail, 2 - Needs Improvement, 3 - Satisfactory, 4 - Very Good, 5 - Exceptional

Results: _____

Evaluator:

Chief Instructor:

Printed Name & Rank

Jason E. Thomas, 5th Dan
Printed Name & Rank

Signature

Date

Jason E. Thomas
Signature



Date