



North Austin Tae Kwon Do
7th Sr. Gup Green Belt Exam

Name: _____ Date of Birth: _____

Techniques	Reps	Score
(FS) Inside Crescent Kick	3	
(FS) Outside Crescent Kick	3	
(FtS) Front Kick, Round Kick, Side Kick	3	
(FtS) Back Fist, Ridge Hand	3	
(FtS) Reverse Punch, Front Kick	3	
Form(s)	Reps	Score
Won-Hyo	N/A	
Self-Defense	Reps	Score
Self Defense 11-12	N/A	
Sparring	Reps	Score
One Step Sparring 7-8	N/A	
Academic Knowledge	Reps	Score
Overall Academic Knowledge	N/A	
Breaking	Reps	Score
Green Board, Round Kick or Front Kick	N/A	
Comments: 		

* 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