

Date: _____
 Name: _____
 TKD School: _____
 Address: _____
 City: _____
 State: _____
 Total Time Training: _____
 Age: _____
 Medical Issues / Restrictions: _____

U. S. Chung Do Kwan Association



Grade Scale:
 9.6 to 10 = A+
 8.6 to 9.5 = A
 7.6 to 8.5 = B
 7.0 to 7.5 = C

Total Score:

Letter Grade:

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Subject/Technique	Student's Self Evaluation	Official's Score	Comments
1 Inspection			
2 Customs & Courtesies			
3 Basic Fundamentals			
4 Additional Fundamentals			
5 Advanced Kicks			
6 Combinations			
Poomse			
7 Tae Guek Il, Ee, Som			
8 Tae Guek Sa, Oh, Yuk			
9 Tae Guek Chil & Pil Chong			
10 Koryo			
11 Da'lee Huyung Il Chong			
12 Geumgang			
13 Da'lee Huyung Ee Chong			
14 Tae'Beuk			
15 Bas'Sai			
16 Poomse Pyong Won			
17 Poomse Yum Bee			
18 Da'lee Huyung Som Chong			
19 Da'lee Huyung Sa Chong			
20 Sipjin			
21 Jitae			
22 Cheongwan			
22 One Step Spar			
23 One-Step Advanced			
24 Self-Defense/knife Defense			
25 Free Style Spar- WTF			
26 Free Style Spar- USCDKA			
27 Multiple Spar			
28 Stamina Test (5 Min.)			
29 Touch Test			
30 Oral Quiz			
31 Essay			
32 Portfolio			

Time:

Official's Signature