

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

U.S. Chung Do Kwan Association



Florida Region

Grade Scale:
 9.5 to 10 = A+
 8.5 to 9.0 = A
 7.5 to 8.0 = B
 6.5 to 7.0 = C
 5.5 to 6.0 = F

Total Score:

Letter Grade:

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Subject/Technique	Student's Self Evaluation	Official's Score	Comments
1 Inspection			
2 Customs & Courtesies			
Fundamentals	Sub total #1&2		
3 Basic Fundamentals			
4 Additional Fundamentals			
5 Advanced Kicks			
6 Combinations			
Poom'se	Sub total #3-6		
7 Tae Guek IL, Ee & Som Chong			
8 Tae Guek Sa & Oh Chong			
9 Tae Guek Yuk Chong			
10 Tae Guek Chil Chong			
11 Tae Guek Pil Chong			
12 Poomse Kor'yo			
13 Da'lee Hyung IL Chong			
One Step Sparring	Sub total #7-13		
14 #1 - 20			
15 #21 - 40			
16 Advanced			
17 Take Downs			
18 Unorthodox			
19 Self Defense			
20 Knife Defense			
Free Sparring	Sub total #14-20		
21 WTF			
22 Multiple			
23 USCDKA			
Stamina Test	Sub total #21-23		
24 Push ups (min 25)			<u>Count:</u>
25 Sit ups (min 25)			<u>Count:</u>
26 Running (5 Min.)			
Extras	Sub total #24-26		
27 Breaking			
28 Specialty Kicks (touch test)			
29 Quiz			
30 Essay			
31 Portfolio			
Total			

 Official's Signature