

SAMPLE



## Poom Belt Confirmation Form

(Areas that require improvements)

Name of Candidate

Club

### POOMSAE

Taegeuk Pal-Jang  P<sup>3</sup>(OK) Taegeuk Chil-Jang   
Taegeuk Yuk-Jang  Taegeuk O-Jang

Movement Expression  P<sup>3</sup>(OK) Power

Stance/Hand Techniques/Leg Techniques\*  
Forward stance - wrong P<sup>1</sup>(OK)  
Back stance - unrecognizable P<sup>1</sup>(OK)  
Punch - short (volume) P<sup>2</sup>(OK)  
Knife-hand block - Gross inaccuracy P<sup>2</sup>(OK)  
Kick - too low P<sup>3</sup>(OK)  
No shout P<sup>1</sup>(OK)

### BASIC\*

360-degree turning kick followed by back thrust  P<sup>4</sup>(OK)

Movement Expression  Smoothness  Balance  P<sup>1</sup>(OK)

\*Kicking level for poomsae and basic - collar bone level or higher

**SPARRING**

Technique  P<sup>2</sup> (OK)

Execution  Variation  P<sup>2</sup> (OK)

Tactic  P<sup>3</sup> (OK)

Offence  Defence  Counter-Offence  P<sup>3</sup> (OK)

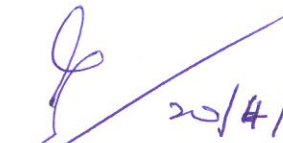
**INTERVIEW**

Response  P<sup>1</sup> (OK)

Personality  Confidence  Knowledge  P<sup>1</sup> (OK)

Question	Do you respect your father? How do you show respect to him?
Question	

Lim TC  
Name of Examiner

  
Signature and Date 20/4/17

P<sup>1</sup> Tan CH  
P<sup>2</sup> Philip Choo  
P<sup>3</sup> Tan KH

Tan 21/7/17  
PC 15/10/17  
KH 17/1/18