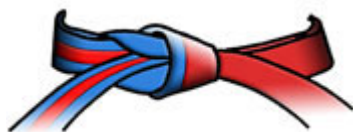
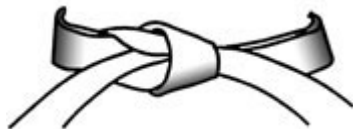


GTUK



Name: _____

PERSONAL DETAILS

Name: _____

Address: _____

Postcode

Date of birth: _____

Training start date: _____

Instructors name: _____

Instructors grade: _____

Club address: _____

Club contact tel. no: _____

Training times: _____

Insurance Renewal month: _____

WHITE BELT – DOUBLE YELLOW TAG

What are the meanings of the belt colours?

White _____ Yellow _____

Green _____ Blue _____

Red _____ Black _____

What is the meaning of TaeKwon-Do? _____

Name the tenets of TaeKwon-Do? _____

What does G.T.U.K. stand for? _____

Who is the president of the G.T.U.K.? _____

What country does TaeKwon-Do come from? _____

Who is the founder of TaeKwon-Do? _____

What is the date and time of your grading? _____

DOUBLE YELLOW TAG – YELLOW TAG

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

Count to five in Korean: One _____ Two _____

Three _____ Four _____ Five _____

What is your training suit called? _____

What is your training hall called in Korean? _____

What is the date and time of your grading? _____

YELLOW TAG - YELLOW BELT

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

What is the word for stance in Korean? _____

What is the word for kick in Korean? _____

What is the word for block in Korean? _____

Count to five in Korean: One _____ Two _____

Three _____ Four _____ Five _____

What is your training suit called? _____

What is your training hall called in Korean? _____

What is the date and time of your grading? _____

YELLOW BELT – DOUBLE GREEN TAG

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

Name a block for your grade in Korean _____

Name a kick for your grade in Korean _____

Name a stance for your grade in Korean _____

What is your jacket called in Korean? _____

What are your trousers called in Korean? _____

What is your belt called in Korean? _____

What is the time and date of your grading? _____

DOUBLE GREEN TAG – GREEN TAG

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

Name a block for your grade in Korean _____

Name a kick for your grade in Korean _____

Name a stance for your grade in Korean _____

What is your jacket called in Korean? _____

What are your trousers called in Korean? _____

What is your belt called in Korean? _____

What is the time and date of your grading? _____

GREEN TAG - GREEN BELT

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

Name the word for pattern in Korean! _____

Name 2 blocks for your grade in Korean! _____

Name a hand part in Korean! _____

Name 1 kick for your grade in Korean! _____

Name a foot part in Korean! _____

Name 2 stances for your grade in Korean! _____

What is the time & date of your grading? _____

GREEN BELT – DOUBLE BLUE TAG

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

What is bending stance in Korean? _____

What is circular block in Korean? _____

Name 2 foot parts for your grade in Korean! _____

What is a Sabumnim gae? _____

What is the Korean word for Knifehand? _____

What is the date & time of your grading? _____

DOUBLE BLUE TAG – BLUE TAG

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

What is circular block in Korean? _____

What is fixed stance in Korean? _____

Name another 2 foot parts for your grade in Korean! _____

What is a Je ja? _____

What is the Korean word for free sparring? _____

What is the date & time of your grading? _____

BLUE TAG – BLUE BELT

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

Name 4 stances in Korean! _____

Name 2 body parts in Korean! _____

Name 2 hand parts in Korean! _____

What is the Korean for hooking block? _____

What is the Korean for flying? _____

What is the difference between jumping and flying kick? _____

What is the date & time of your grading? _____

BLUE BELT – DOUBLE RED TAG

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

What is pressing block in Korean? _____

What is upward palm block in Korean? _____

What is the Korean word for reverse? _____

What is the time & date of your grading? _____

DOUBLE RED TAG – RED TAG

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

What is twin upset punch in Korean? _____

What is banjayoo mat sogi? _____

What is moa sogi? _____

What is the time & date of your grading? _____

RED TAG - RED BELT

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

Name 3 fingertip thrusts in Korean! _____

What is pushing block in Korean? _____

What is W shape block in Korean? _____

What is wi palkup? _____

Write down the commands used during a lesson and their meanings!

What is the word in Korean for power/ destruction? _____

What is the time & date of your grading? _____

RED BELT - BLACK TAG

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

How many patterns are there in TaeKwon-Do? _____

Name 5 kicks in Korean! _____

Name 5 blocks in Korean! _____

Name 5 stances in Korean! _____

Explain why there are 3 different moa sogis? _____

Why do black belts have a black stripe on the bottom of their suit jacket?

What is the time and date of your grading? _____

BLACK TAG - **BLACK BELT**

What is your pattern name? _____

How many movements does it have? _____

What is the meaning of your pattern? _____

What is the date, time & location of your black belt grading? _____

Keep this page as a notes page to jot down information for your thesis!

SEMINARS

<u>Organisation</u> e.g. GTUK, BTC, ITF	<u>Date</u>	<u>Age</u>	<u>Location</u>	<u>Grade</u>	<u>Seminar Instructors</u>

Other Activities and Achievements

Use this page to attach newspaper clippings of things you have been involved in, or write a bit about something different you have done connected to TaeKwon-Do. e.g. if you have been on the float, or have attended a summer camp or been part of a demonstration.