

8th Keup Kickboxing

Student Name: _____

Date: _____

Stances Both Sides

Basic fighting stance, Switching stances, Moving forward/backward and left/right in a fighting stance

Comments:
_____**Punches Both Sides (students must know number of punches)**

Jab (1), Reverse punch (2)

Comments:
_____**Kicks Both Sides**

Front and Rear Leg Front Kick, Front and Rear Leg Round Kick, Advancing Front and Round Kick

Comments:
_____Overall: Pass Retest

Tested By: _____

7th Keup Kickboxing Orange Belt

Student Name: _____

Date: _____

Katas

Orange Belt

Comments:

Stances

Both Sides

Basic fighting stance, Switching stances, Moving forward/backward and left/right in a fighting stance

Comments:

Punches

Both Sides (students must know number of punches)

Jab (1), Reverse punch (2), Lead Hook (3), Reverse Uppercut (4), Lead Uppercut (5), Elbow Strikes

Comments:

Kicks

Both Sides

Front and Rear Leg Front Kick, Front and Rear Leg Round Kick, Advancing Front and Round Kick, Front and Rear Side Kick, Inside Sweep, Knee Strike

Comments:

Blocks

Both Sides

Outside Block, Inside Block, Down Block, Catch Block and Jab, Uppercut Block

Comments:

Overall:

Pass

Retest

Tested By: _____

6th Keup Kickboxing Green Belt

Student Name: _____

Date: _____

Katas

Orange Belt

Green Belt

Comments:
_____**Stances****Both Sides**

Basic fighting stance, Switching stances, Moving forward/backward and left/right in a fighting stance

Comments:
_____**Punches****Both Sides (students must know number of punches)**

Jab (1), Reverse punch (2), Lead Hook (3), Reverse Uppercut (4), Lead Uppercut (5), Elbow Strikes, Reverse Hook to the Body (6), Lead Hooks to the Body (7), Spinning Hammer Fist (10)

Comments:
_____**Kicks****Both Sides**

Front and Rear Leg Front Kick, Front and Rear Leg Round Kick, Advancing Front and Round Kick, Front and Rear Side Kick, Inside Sweep, Knee Strike, Spinning Back Kick, Inside Crescent Kick, Outside Crescent Kick

Comments:
_____**Blocks****Both Sides**

Outside Block, Inside Block, Down Block, Catch Block and Jab, Uppercut Block, Triangle Block, Forearm Single and Twin Forearm Block, Shin Block, Knee Block, Elbow Block, Leg Checking

Comments:
_____Overall: Pass Retest

Tested By: _____

5th Keup Kickboxing Blue Belt

Student Name: _____

Date: _____

Katas

Orange Belt

Green Belt

Blue Belt

Comments:

Stances

Both Sides

Basic fighting stance, Switching stances. Moving forward/backward and left/right in a fighting stance

Comments:

Punches

Both Sides (students must know number of punches)

Jab (1), Reverse punch (2), Lead Hook (3), Reverse Uppercut (4), Lead Uppercut (5), Reverse Hook to the Body (6), Lead Hooks to the Body (7), Spinning Hammer Fist (10), Elbow Strikes, Extended Hook, Reverse Upper Hook (8), Lead Upper Hook (9)

Comments:

Kicks

Both Sides

Front and Rear Leg Front Kick, Front and Rear Leg Round Kick, Advancing Front and Round Kick, Front and Rear Side Kick, Inside Sweep, Knee Strike, Spinning Back Kick, Inside Crescent Kick, Outside Crescent Kick, Phase 1 Jump Front Kick, Front and Rear Ax Kick, Spinning Crescent Kick

Comments:

Blocks

Both Sides

Outside Block, Inside Block, Down Block, Catch Block and Jab, Uppercut Block, Triangle Block, Forearm Single and Twin Forearm Block, Shin Block, Knee Block, Elbow Block, Leg Checking

Comments:

Head Movement

Bobbing and weaving, Slipping

Comments:

Overall: Pass Retest

Tested By: _____

4th Keup Kickboxing Purple Belt

Student Name: _____

Date: _____

Katas

Orange Belt

Green Belt

Blue Belt

Comments:

Stances

Both Sides

Basic fighting stance, Switching stances. Moving forward/backward and left/right in a fighting stance

Comments:

Punches

Both Sides (students must know number of punches)

Jab (1), Reverse punch (2), Lead Hook (3), Reverse Uppercut (4), Lead Uppercut (5), Reverse Hook to the Body (6), Lead Hooks to the Body (7), Spinning Hammer Fist (10), Elbow Strikes, Extended Hook, Reverse Upper Hook (8), Lead Upper Hook (9), Swing hook, Up jab, Overhand reverse punch

Comments:

Kicks

Both Sides

Front and Rear Leg Front Kick, Front and Rear Leg Round Kick, Advancing Front and Round Kick, Front and Rear Side Kick, Inside Sweep, Knee Strike, Spinning Back Kick, Inside Crescent Kick, Outside Crescent Kick, Phase 1 Jump Front Kick, Front and Rear Ax Kick, Spinning Crescent Kick, Front and Rear Hook Kick, Phase 2 Jump Front Kick

Comments:

Blocks

Both Sides

Outside Block, Inside Block, Down Block, Catch Block and Jab, Uppercut Block, Triangle Block, Forearm Single and Twin Forearm Block, Shin Block, Knee Block, Elbow Block, Leg Checking, Half and full post

Comments:

Head Movement

Bobbing and weaving, Slipping
Comments:

Overall: **Pass** **Retest**

Tested By: _____

3rd Keup Kickboxing Brown Belt

Student Name: _____

Date: _____

Katas

Orange Belt

Green Belt

Blue Belt

Comments:
_____**Stances****Both Sides**

Basic fighting stance, Switching stances. Moving forward/backward and left/right in a fighting stance

Comments:
_____**Punches****Both Sides (students must know number of punches)**

Jab (1), Reverse punch (2), Lead Hook (3), Reverse Uppercut (4), Lead Uppercut (5), Reverse Hook to the Body (6), Lead Hooks to the Body (7), Spinning Hammer Fist (10), Elbow Strikes, Extended Hook, Reverse Upper Hook (8), Lead Upper Hook (9), Swing hook, Up jab, Overhand reverse punch

Students will be expected to demonstrate reflexively and on command 5 combinations of all punches.

Comments:
_____**Kicks****Both Sides**

Front and Rear Leg Front Kick, Front and Rear Leg Round Kick, Advancing Front and Round Kick, Front and Rear Side Kick, Inside Sweep, Knee Strike, Spinning Back Kick, Inside Crescent Kick, Outside Crescent Kick, Phase 1 Jump Front Kick, Front and Rear Ax Kick, Spinning Crescent Kick, Front and Rear Hook

Kick, Phase 2 Jump Front Kick, Spinning hook kick, Phase 3 Jump Front Kick, Low/High Round Kick, Front/Round Kick

Comments:
_____**Blocks****Both Sides**

Outside Block, Inside Block, Down Block, Catch Block and Jab, Uppercut Block, Triangle Block, Forearm Single and Twin Forearm Block, Shin Block, Knee Block, Elbow Block, Leg Checking, Half and full post

Comments:

Head Movement

Bobbing and weaving, Slipping

Comments:

Overall: **Pass** **Retest**

Tested By: _____

2nd Keup Kickboxing Advanced Brown Belt

Student Name: _____

Date: _____

Katas

Orange Belt
Green Belt
Blue Belt
Brown Belt
Advanced Brown Belt

Comments:

Stances

Both Sides

Basic fighting stance, Switching stances. Moving forward/backward and left/right in a fighting stance

Comments:

Punches

Both Sides (students must know number of punches)

Jab (1), Reverse punch (2), Lead Hook (3), Reverse Uppercut (4), Lead Uppercut (5), Reverse Hook to the Body (6). Lead Hooks to the Body (7), Spinning Hammer Fist (10), Elbow Strikes, Extended Hook, Reverse Upper Hook (8), Lead Upper Hook (9), Swing hook, Up jab, Overhand reverse punch

Students will be expected to demonstrate reflexively and on command 5 combinations of all punches.

Comments:

Kicks

Both Sides

Front and Rear Leg Front Kick, Front and Rear Leg Round Kick, Advancing Front and Round Kick, Front and Rear Side Kick, Inside Sweep, Knee Strike, Spinning Back Kick, Inside Crescent Kick, Outside Crescent Kick, Phase 1 Jump Front Kick, Front and Rear Ax Kick, Spinning Crescent Kick, Front and Rear Hook Kick, Phase 2 Jump Front Kick, Spinning hook kick, Phase 3 Jump Front Kick, Low/High Round Kick, Front/Round Kick, Side/Round Kick, Round/Side Kick, Hook/Round Kick, Phase 3 Jump Side Kick, Phase 2 Jump Round Kick, Jump Spinning Crescent Kick, Jump Spinning Back Kick

Comments:

Blocks

Both Sides

Outside Block, Inside Block, Down Block, Catch Block and Jab, Uppercut Block, Triangle Block, Forearm Single and Twin Forearm Block, Shin Block, Knee Block, Elbow Block, Leg Checking, Half and full post

Comments:

Head Movement

Bobbing and weaving, Slipping

Comments:

Overall: **Pass** **Retest**

Tested By: _____

1st Keup Kickboxing Brown/Black Belt

Student Name: _____

Date: _____

Katas

Orange Belt
 Green Belt
 Blue Belt
 Brown Belt
 Advanced Brown Belt

Comments:
 _____**Stances****Both Sides**

Basic fighting stance, Switching stances. Moving forward/backward and left/right in a fighting stance

Comments:
 _____**Punches****Both Sides (students must know number of punches)**

Jab (1), Reverse punch (2), Lead Hook (3), Reverse Uppercut (4), Lead Uppercut (5), Reverse Hook to the Body (6). Lead Hooks to the Body (7), Spinning Hammer Fist (10), Elbow Strikes, Extended Hook, Reverse Upper Hook (8), Lead Upper Hook (9), Swing hook, Up jab, Overhand reverse punch

Students will be expected to demonstrate reflexively and on command 5 combinations of all punches.

Comments:
 _____**Kicks****Both Sides**

Front and Rear Leg Front Kick, Front and Rear Leg Round Kick, Advancing Front and Round Kick, Front and Rear Side Kick, Inside Sweep, Knee Strike, Spinning Back Kick, Inside Crescent Kick, Outside Crescent Kick, Phase 1 Jump Front Kick, Front and Rear Ax Kick, Spinning Crescent Kick, Front and Rear Hook Kick, Phase 2 Jump Front Kick, Spinning hook kick, Phase 3 Jump Front Kick, Low/High Round Kick, Front/Round Kick, Side/Round Kick, Round/Side Kick, Hook/Round Kick, Phase 3 Jump Side Kick, Phase 2 Jump Round Kick, Jump Spinning Crescent Kick, Jump Spinning Back Kick

Comments:

Blocks **Both Sides**

Outside Block, Inside Block, Down Block, Catch Block and Jab, Uppercut Block, Triangle Block, Forearm Single and Twin Forearm Block, Shin Block, Knee Block, Elbow Block, Leg Checking, Half and full post

Comments: _____

Head Movement

Bobbing and weaving, Slipping (left and right)

Comments: _____

Sparring

Sparring will be determined by the testing Sensei.

Comments: _____

Teaching/Instruction

Students must have taught 5 adult classes.

Comments: _____

Overall: Pass Retest

Tested By: _____

1st Shodan Kickboxing Black Belt

Student Name: _____

Date: _____

Katas

Orange Belt
Green Belt
Blue Belt
Brown Belt
Advanced Brown Belt

Comments:

Stances

Both Sides

Basic fighting stance, Switching stances. Moving forward/backward and left/right in a fighting stance

Comments:

Punches

Both Sides (students must know number of punches)

Jab (1), Reverse punch (2), Lead Hook (3), Reverse Uppercut (4), Lead Uppercut (5), Reverse Hook to the Body (6). Lead Hooks to the Body (7), Spinning Hammer Fist (10), Elbow Strikes, Extended Hook, Reverse Upper Hook (8), Lead Upper Hook (9), Swing hook, Up jab, Overhand reverse punch

Students will be expected to demonstrate reflexively and on command 5 combinations of all punches.

Comments:

Kicks

Both Sides

Front and Rear Leg Front Kick, Front and Rear Leg Round Kick, Advancing Front and Round Kick, Front and Rear Side Kick, Inside Sweep, Knee Strike, Spinning Back Kick, Inside Crescent Kick, Outside Crescent Kick, Phase 1 Jump Front Kick, Front and Rear Ax Kick, Spinning Crescent Kick, Front and Rear Hook

Kick, Phase 2 Jump Front Kick, Dragon sweep, Iron broom sweep, Spinning hook kick, Phase 3 Jump Front Kick, Low/High Round Kick, Front/Round Kick, Side/Round Kick, Round/Side Kick, Hook/Round Kick, Phase 3 Jump Side Kick, Phase 2 Jump Round Kick, Jump Spinning Crescent Kick, Jump Spinning Back Kick

Comments:

Blocks **Both Sides**

Outside Block, Inside Block, Down Block, Catch Block and Jab, Uppercut Block, Triangle Block, Forearm Single and Twin Forearm Block, Shin Block, Knee Block, Elbow Block, Leg Checking, Half and full post

Comments:

Head Movement

Bobbing and weaving, Slipping (left and right)

Comments:

Essay

Students must complete an essay on what they have learned and accomplished during their kickboxing training. (Minimum 2 pages.)

Comments:

PT Test

Students must be able to successfully complete a pre-determined amount of sit-ups, push-ups and run within the designated time allowed.

Comments:

Sparring

Sparring will be determined by the testing Sensei.

Comments:

Teaching/Instruction

Students must have taught 5 adult classes.

Comments:

Final Comments: _____

Overall: **Pass** **Retest**

Tested By: _____