

SPRINGHILL TAE KWON DO EXAM APPLICATION

(Please submit with \$15 Exam fee)

New rank: _____ Registration date: _____

Name: _____ Age: _____ Sex: _____

Address: _____ Phone: (H) _____
_____ (W) _____

Present rank: _____ Date of last exam: _____

	GRADE	COMMENTS
BASIC:		
STANCE	_____	_____
FLEXIBILITY	_____	_____
SPEED	_____	_____
BALANCE	_____	_____
CONFIDENCE	_____	_____
CONCENTRATION	_____	_____
ENDURANCE	_____	_____
KICKS	_____	_____
BLOCKS	_____	_____
HARD-WORK	_____	_____
FORM:		
STANCE	_____	_____
SPEED	_____	_____
POWER	_____	_____
EYES	_____	_____
SEQUENCE	_____	_____
SPARRING:		
TIMING	_____	_____
SPEED	_____	_____
TECHNIC	_____	_____
BREAKING:		
FORM	_____	_____
POWER	_____	_____
SPEED	_____	_____

Comments: _____

