



Adult Navy Belt Card

ID# _____

Start Date _____

Goal Date _____

CLASSES		FORMS	SELF DEFENSE SPARRING
1.	31.	___ Taegeuk 8	___ One-Steps 36-40
2.	32.	___ White Tip Date: _____	___ Orange Tip Date: _____
3.	33.	___ Kyumn-Soen Hyo	___ Hapkido 6-10
4.	34.	___ White Tip Date: _____	___ Orange Tip Date: _____
5.	35.	___ Choshim 1-4	___ Self-Defense of Term
6.	36.	___ Yellow Tip Date: _____	___ Orange Tip Date: _____
7.	37.		
8.	38.		
9.	39.		
10.	40.		
11.	SPARRING HRS		
12.	1.	___ Jajeh 1-9	___ Speed Break
13.	2.	___ Corner judge practice	___ Brown Tip Date: _____
14.	3.	___ 3-2 min rds hands/head spar	___ Jump 360 back/Jump
15.	4.	___ Green Tip Date: _____	Wheel/Other
16.	5.	___ Review Basics	___ Brown Tip Date: _____
17.	6.	___ Blue Tip Date: _____	
18.	ASSISTING HRS		
19.	1.		
20.	2.		
21.	3.		
22.	4.		
23.	5.		
24.	6.		
25.	7.		
26.	8.		
27.	9.		
28.	10.		
29.	11.		
30.	12.		

REQUIREMENTS	
___ Attitude/Effort– Purple Tip Date: _____	
___ 45 min. Meditation Date: _____	
___ 34 classes/12 assisting/8 sparring Red Tip Date: _____	
___ Tournament/Demo/ Senior Class Date: _____	
___ Terminology/Meaning of Forms Black Tip Date: _____	
Paper: History of TKD 3-5 pages	
\$30 Test Fee (\$25 Annual OMAC Fee)	

INSTRUCTOR NOTES	
Instructor Signature	