

CLASSES		FORMS	SELF DEFENSE SPARRING
1.	31.	_____ Mushim 1-5	_____ One-Step 1-5
2.	32.	_____ Yellow Tip Date: _____	_____ Orange Tip Date: _____
3.	33.	_____ InNae 1-5	_____ Self-Defense of Term
4.	34.	_____ Yellow Tip Date: _____	_____ Orange Tip Date: _____
5.	35.	_____ Daemahng Chun 1-2	_____ JaJeh #1
6.	36.	_____ Yellow-Tip Date: _____	_____ 3-1 min. Rds no contact
7.	37.		_____ Green Tip Date: _____
8.	38.	<div>BASICS</div> <div>BREAKING</div>	
9.	39.	_____ Geukgi 1-3	_____ Hammerfist
10.	40.	_____ Blue Tip Date: _____	_____ Brown Tip Date: _____
11.			_____ Front Kick
12.			_____ Brown Tip Date: _____
13.		<div>REQUIREMENTS</div>	
14.		_____ Attitude/Effort—Purple Tip	
15.		_____ 20 Class hours/ 2 months - Red Tip	
16.		_____ Terminology-Black Tip	
17.		Paper: How does TKD train mind and body?	
18.		\$30 Promotion Fee (\$25 annual OMAC Fee)	
19.			
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21.			
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23.			
24.			
25.		<div>INSTRUCTOR NOTES</div>	
26.			
27.			
28.			
29.			
30.		<div>Instructor Signature</div>	