

**8<sup>th</sup> 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:** \_\_\_\_\_

**7<sup>th</sup> 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:** \_\_\_\_\_

**6<sup>th</sup> 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:** \_\_\_\_\_



### 5<sup>th</sup> Keup Kickboxing Blue Belt

**Student Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Katas**

Orange Belt

Green Belt

Blue Belt

Comments:

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**Stances**

**Both Sides**

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

Comments:

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**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:

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**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:

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**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:

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**Head Movement**

Bobbing and weaving, Slipping

Comments:

\_\_\_\_\_

Overall:             Pass             Retest

Tested By: \_\_\_\_\_

### 4<sup>th</sup> 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:** \_\_\_\_\_

**3<sup>rd</sup> 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:

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**Head Movement**

Bobbing and weaving, Slipping

Comments:

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

**Tested By:** \_\_\_\_\_

## 2<sup>nd</sup> Keup Kickboxing Advanced Brown Belt

**Student Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### Katas

Orange Belt  
Green Belt  
Blue Belt  
Brown Belt  
Advanced Brown Belt

Comments:

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### Stances

### Both Sides

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

Comments:

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### 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:

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### 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:

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### 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:

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**Head Movement**

Bobbing and weaving, Slipping

Comments:

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

**Tested By:** \_\_\_\_\_

### 1<sup>st</sup> Keup Kickboxing Brown/Black Belt

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

#### Katas

Orange Belt  
Green Belt  
Blue Belt  
Brown Belt  
Advanced Brown Belt

Comments:

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#### Stances

#### Both Sides

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

Comments:

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#### 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:

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#### 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:

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**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: \_\_\_\_\_

### 1<sup>st</sup> Shodan Kickboxing Black Belt

**Student Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

#### Katas

Orange Belt  
Green Belt  
Blue Belt  
Brown Belt  
Advanced Brown Belt

Comments:

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#### Stances

#### Both Sides

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

Comments:

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#### 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:

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#### 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:

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**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:

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**Head Movement**

Bobbing and weaving, Slipping (left and right)

Comments:

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**Essay**

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

Comments:

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**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:

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**Sparring**

Sparring will be determined by the testing Sensei.

Comments:

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**Teaching/Instruction**

Students must have taught 5 adult classes.

Comments:

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Final Comments: \_\_\_\_\_

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

**Tested By:** \_\_\_\_\_