



American Sport Karate Association Request for Examination

Check: New Student Change of Address

Present Belt Color _____

Exam for: Color _____ Gup / Dan _____

Chief Instructor _____

Date: ____ / ____ / ____

Print Name:		DOB: / /		Age:	
Address:		City:		State:	
Phone:		Email:		Date of entrance: / /	
Studio Branch:		Signature:			

Official Use Only:		
ASKA #:	Student #:	Amt. Pd: \$ _____ <input type="checkbox"/> Check <input type="checkbox"/> Cash

O = Outstanding S = Satisfactory N = Needs Improvement U = Unsatisfactory

FORMS												
O S N U					O S N U							
<input type="checkbox"/>	10	Basic Tension				<input type="checkbox"/>	4	Chung Gun				
<input type="checkbox"/>	9	Ch'on Ji				<input type="checkbox"/>	3	Toi Gye				
<input type="checkbox"/>	8	Tan Gun				<input type="checkbox"/>	2	Hwa Rang				
<input type="checkbox"/>	7	To San				<input type="checkbox"/>	1	Chun Mu				
<input type="checkbox"/>	6	Won Hyo				<input type="checkbox"/>	2nd	Kwang Gae				
<input type="checkbox"/>	5	Yul Kok				<input type="checkbox"/>	3rd	Po Eun & Gae Baek				

BASIC TECHNIQUES					
<input type="checkbox"/>	Thrusts				
<input type="checkbox"/>	Blocks				
<input type="checkbox"/>	Kicks				
<input type="checkbox"/>	Stances				
PRE-ARRANGED SPARRING TECHNIQUES					
<input type="checkbox"/>	3-Step				
<input type="checkbox"/>	2-Step				
<input type="checkbox"/>	1-Step Kick				
<input type="checkbox"/>	1-Step Punch				
<input type="checkbox"/>	Jump Kicks				
SELF DEFENSE TECHNIQUES					
<input type="checkbox"/>	Releases				
<input type="checkbox"/>	Pressure Points				
<input type="checkbox"/>	Take Downs				
SPARRING TECHNIQUES					
<input type="checkbox"/>	1 on 1				
<input type="checkbox"/>	2 on 1				
BREAKING					
<input type="checkbox"/>	Boards	Hands			
		Feet			
<input type="checkbox"/>	Bricks	Hands			
		Feet			

COMMENTS				
Concentration				
Coordination				
Timing				
Reaction Force				
Definition				
Set				
Range				
Distance				
Balance				
Posture				
Flexibility				
Extension				
Rest				
Fold				
Hip				
Shoulder				
Foot Position				
Tight Fist				
Focus				
Accuracy				
Eye Focus				
Power				
Speed				
Endurance				

Approved Retest

President

RETEST: Approved Not Approved