



Mark Cashatt's TaeKwon-Do School, Inc.



RED BELT TO BLACK STRIPE REQUIREMENTS FOR 2ND TO 1ST GRADE PROMOTION TEST

Initials & date

FUNDAMENTAL EXERCISE

- _____ Sitting stance pushing block with the palm
- _____ Closed stance high side front block with the inner forearm
- _____ Vertical stance downward strike knifehand reverse side
- _____ L-stance middle punch, reverse side
- _____ L-stance side elbow thrust
- _____ Flying 180 degree side piercing
- _____ Twisting kick
- _____ 180 degree twisting kick
- _____ Pressing kick
- _____ Sweeping kick
- _____ Flying turn kick
- _____ Flying twin foot side piercing kick
- _____ Flying double turning kick
- _____ Hwa-Rang: student must do chambers and movements correctly.
- _____ 3-steps, both 2-steps, 1-steps and all 6 throws & ground pattern:
Student must do chambers and movements correctly.

KNOWLEDGE

- _____ What is the meaning of Hwa-Rang, # of movements and diagram?
- _____ What is the name and purpose of each move in Hwa-Rang?
- _____ What were the three kingdoms of Korea which were united?
- _____ What are Training Secrets and the Philosophy of TaeKwon-Do?
(Students under 10 years old must at least understand what they mean)
- _____ What is the length and width of a vertical stance?
- _____ What is the weight distribution and angle of the feet in a vertical stance?
- _____ What does Black Belt mean?

Instructor Signature _____ Date _____