



Mark Cashatt's TaeKwon-Do School, Inc.



BLUE BELT TO RED STRIPE **REQUIREMENTS FOR 4TH TO 3RD GRADE PROMOTION TEST**

Initials **FUNDAMENTAL EXERCISE**

- _____ 180 degree reverse hooking kick
- _____ 180 degree hooking kick
- _____ 180 degree vertical kick
- _____ L-stance middle block with the reverse knifehand reverse side
- _____ Rear foot stance upward palm block reverse side
- _____ Walking stance twin upset punch
- _____ Walking stance upper elbow strike reverse side
- _____ Walking stance rising block x-fist
- _____ Fixed stance u-shape block
- _____ Releasing from wrist grabs
- _____ Closed stance turning punch
- _____ Closed stance angle punch
- _____ Joong-Gun: student must do chambers and movements correctly.
- _____ All 3-step, both 2-steps, 1-steps, ground pattern and 1-step kicks sequence

KNOWLEDGE

- _____ What is the meaning of Joong-Gun, # of movements and diagram?
- _____ What is the name and purpose of each move in Joong-Gun?
- _____ What is the length of a rear foot stance?
- _____ What is the weight distribution and angle of the feet in a rear foot stance?
- _____ How far is the front heel off the ground in the rear foot stance?
- _____ What are the Training Secrets of TaeKwon-Do?
(Students under 10 years old must at least understand what they mean)
- _____ What are 4 of the principles of the Philosophy of TaeKwon-Do and their meanings?
(Students under 10 years old must at least understand what they mean)
- _____ Why do some patterns have some slow motion movements?

Instructor Signature _____ Date _____