



Mark Cashatt's TaeKwon-Do School, Inc.



BLUE STRIPE TO BLUE BELT REQUIREMENTS FOR 5TH TO 4TH GRADE PROMOTION TEST

Initials

FUNDAMENTAL EXERCISE

- _____ Walking stance hooking block with the palm
- _____ L-stance twin knifehand block
- _____ Walking stance high double forearm block
- _____ Walking stance front elbow strike
- _____ Walking stance rising block with the knifehand obverse side
- _____ Jump turn kick
- _____ Jump side piercing kick
- _____ Reverse turn kick
- _____ Vertical kick
- _____ X-stance side strike back fist
- _____ Jump downward kick
- _____ Side thrusting kick
- _____ Double side stepping knife hand side strike
- _____ Explain C-stepping
- _____ Yul-Gok: Student must do all chambers and movements correctly.
- _____ All 3-steps, all 1-step punches, ground pattern & two 2-steps (old 3 & 4)
(Student must do all chambers and movements correctly)

KNOWLEDGE

- _____ What is the meaning of Yul-Gok, number of movements and the diagram?
- _____ What is the name and purpose of each movement in Yul-Gok?
- _____ What are the Training Secrets of TaeKwon-Do?
(Students under 10 years old must at least understand what they mean)
- _____ What does the Blue Belt stand for?
- _____ Why do we wrap our belts around once?

Instructor Signature _____ Date _____