



Mark Cashatt's TaeKwon-Do School, Inc.



GREEN BELT TO BLUE STRIPE REQUIREMENTS FOR 6TH TO 5TH GRADE PROMOTION TEST

Initials FUNDAMENTAL EXERCISE

- _____ L-stance inward strike knifehand
- _____ Walking stance circular block with the inner forearm
- _____ Step in place side piercing kick
- _____ Fixed stance middle punch obverse side
- _____ Step up reverse hooking kick
- _____ Walking stance middle punch reverse side
- _____ Bending ready stance A
- _____ Standing side piercing with a high punch
- _____ Bending ready stance B
- _____ L-stance low block forearm
- _____ Release from headlock and full nelson
- _____ Won-Hyo: student must do the chambers and movements correctly.
- _____ All three 3-steps, all four 1-step punches and ground pattern

KNOWLEDGE

- _____ How far are the fists away from the head in a Closed Ready Stance A?
- _____ What is the name and purpose of each move in Won-Hyo
- _____ What is the meaning of Won-Hyo?
- _____ How many moves and what is the diagram of Won-Hyo?
- _____ What is the meaning of the Green Belt?
- _____ What is the length and width of the fixed stance?
- _____ What is the weight distribution and the angle of the feet in the fixed stance?
- _____ What are 4 of the Training Secrets of TaeKwon-Do?
(Students under 10 years old must at least understand what they mean)

Instructor Signature _____ Date _____