



Mark Cashatt's TaeKwon-Do School, Inc.



YELLOW STRIPE TO YELLOW BELT REQUIREMENTS FOR 9TH TO 8TH GRADE PROMOTION TEST

Initials & date

FUNDAMENTAL EXERCISE

- _____ Fighting Stance with proper guarding forearm block, jab, punch & shifting (rotation of the hip & back heel)
- _____ L-stance guarding block knifehand (L-stance proper L & W, weight distribution)
- _____ Walking stance stepping punch (looking for C-stepping) (walking stance proper measurements)
- _____ Walking stance low block forearm reverse side
- _____ Walking stance low block knifehand reverse side
- _____ Rising Kick (from walking stance, double low block, proper chamber)
- _____ Crescent kick
- _____ Hooking kick
- _____ L-stance middle block inner forearm reverse side
- _____ Back leg Side piercing kick
- _____ Side front snap kick
- _____ Frontal Five self-defense moves
- _____ Break a re-breakable board with snap kick
- _____ Chon-Ji: student must do all chambers and movements correctly.
- _____ Nowoo Tul (ground pattern): student must do all chambers and movements correctly.
- _____ 1st and 2nd 3-step: students must do all chambers and execution correctly.

KNOWLEDGE

- _____ What is the meaning of Chon-Ji?
- _____ What are the number of moves and diagram?
- _____ What is the name and purpose of each move in Nowoo Tul?
- _____ How many patterns are there all together? And Why?
- _____ What does the Yellow Belt stand for?
- _____ What are the meanings of the Five Tenets?
- _____ How wide and long is a Walking Stance?
- _____ What is the weight distribution?
- _____ Which leg is bent, which is locked?
- _____ How is each foot angled?
- _____ How wide and long is a L-stance?
- _____ What is the weight distribution?
- _____ Which leg is bent more?
- _____ How is each foot angled?

Instructor Signature _____ Date _____

