



Mark Cashatt's TaeKwon-Do School, Inc.



WHITE BELT TO YELLOW STRIPE REQUIREMENTS FOR 10TH TO 9TH GRADE PROMOTION TEST

Initials & date

FUNDAMENTAL EXERCISE

- _____ Listening Position #1, #2 and #3
- _____ Routine for accepting an award and joining a class that has already started
- _____ Tying the belt properly
- _____ Deflect ear grabs
- _____ Proper KIAP!
- _____ Making a fist properly, proper jumping jacks and proper push-ups
- _____ Parallel Ready Stance (parallel ready stance punch)
- _____ Walking stance low block forearm obverse side
- _____ Sitting stance middle punch
- _____ Walking stance low block knifehand obverse side
- _____ Walking stance middle block inner forearm obverse side
- _____ Snap kick
- _____ Back leg middle turn kick
- _____ Front leg Side Piercing
- _____ Four directional punch: student must do all chambers and movements correctly. (saju-jirugi)
- _____ Four directional block: student must do all chambers and movements correctly. (saju-maki)
- _____ First 2 3-step sparring defense side alone: students must do all the chambers and movements correctly.

KNOWLEDGE

- _____ Proper salutations (bow when stepping on or off floor, and to all Black Belts, using sir and ma'am, proper shake)
- _____ Student must count to 4 in Korean.
- _____ What are the meanings of Saju-jirugi and Saju-maki?
- _____ What are the number of moves and diagrams of Saju-jirugi and Saju-maki?
- _____ Who 's the founder of TaeKwon-Do?
- _____ What year was TaeKwon-Do named?
- _____ What are the Five Tenets of TaeKwon-Do?
- _____ Name of the Uniform in Korean.
- _____ Name of the Practice Place in Korean.
- _____ What is the meaning of the White Belt?
- _____ What does the Yellow Stripe stand for?
- _____ What does TaeKwon-Do mean?
- _____ How wide is a Parallel Ready Stance?

Instructor Signature _____ Date _____