



# Mark Cashatt's TaeKwon-Do School, Inc.



## RED BELT TO BLACK STRIPE REQUIREMENTS FOR 2<sup>ND</sup> TO 1<sup>ST</sup> GRADE PROMOTION TEST

### Initials & date

### FUNDAMENTAL EXERCISE

- \_\_\_\_\_ Sitting stance pushing block with the palm
- \_\_\_\_\_ Closed stance high side front block with the inner forearm
- \_\_\_\_\_ Vertical stance downward strike knifehand reverse side
- \_\_\_\_\_ L-stance middle punch, reverse side
- \_\_\_\_\_ L-stance side elbow thrust
- \_\_\_\_\_ Flying 180 degree side piercing
- \_\_\_\_\_ Twisting kick
- \_\_\_\_\_ 180 degree twisting kick
- \_\_\_\_\_ Pressing kick
- \_\_\_\_\_ Sweeping kick
- \_\_\_\_\_ Flying turn kick
- \_\_\_\_\_ Flying twin foot side piercing kick
- \_\_\_\_\_ Flying double turning kick
- \_\_\_\_\_ Hwa-Rang: student must do chambers and movements correctly.
- \_\_\_\_\_ 3-steps, both 2-steps, 1-steps and all 6 throws & ground pattern:  
Student must do chambers and movements correctly.

### KNOWLEDGE

- \_\_\_\_\_ What is the meaning of Hwa-Rang, # of movements and diagram?
- \_\_\_\_\_ What is the name and purpose of each move in Hwa-Rang?
- \_\_\_\_\_ What were the three kingdoms of Korea which were united?
- \_\_\_\_\_ What are Training Secrets and the Philosophy of TaeKwon-Do?  
(Students under 10 years old must at least understand what they mean)
- \_\_\_\_\_ What is the length and width of a vertical stance?
- \_\_\_\_\_ What is the weight distribution and angle of the feet in a vertical stance?
- \_\_\_\_\_ What does Black Belt mean?

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_