



Mark Cashatt's TaeKwon-Do School, Inc.



RED STRIPE TO RED BELT REQUIREMENTS FOR 3RD TO 2ND GRADE PROMOTION TEST

Initials

FUNDAMENTAL EXERCISE

- _____ Walking stance upset fingertip thrust reverse side
- _____ Jump 180 degree reverse turn kick
- _____ Jump 180 degree reverse hooking kick
- _____ L-stance low double forearm pushing block
- _____ Walking stance flat fingertip thrust obverse side
- _____ Close stance high side back strike with the backfist
- _____ Walking stance pressing block x-fist
- _____ Walking stance downward block x-fist
- _____ L-stance low guarding block knifehand
- _____ Sitting stance middle front block outer forearm
- _____ Walking stance upward palm block reverse side
- _____ L-stance pressing block x-fist
- _____ Step through sitting stance w-shaped block with stamping motion
- _____ Twin foot front kick
- _____ Toi-Gye: student must do each chamber and movements correctly.
- _____ All step-sparring up and including the first 3 throws.

KNOWLEDGE

- _____ What is the meaning of Toi-Gye, # of movements and diagram?
- _____ What is the name and purpose of each move in Toi-Gye?
- _____ What is the meaning of the Red Belt?
- _____ What are the Training Secrets of TaeKwon-Do?
(Students under 10 years old must at least understand what they mean)
- _____ What is the Philosophy of TaeKwon-Do?
(Students under 10 years old must at least understand what they mean)

Instructor Signature _____ Date _____