



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



## **BLUE BELT TO RED STRIPE** **REQUIREMENTS FOR 4<sup>TH</sup> TO 3<sup>RD</sup> GRADE PROMOTION TEST**

### **Initials**

### **FUNDAMENTAL EXERCISE**

- \_\_\_\_\_ 180 degree reverse hooking kick
- \_\_\_\_\_ 180 degree hooking kick
- \_\_\_\_\_ 180 degree vertical kick
- \_\_\_\_\_ L-stance middle block with the reverse knifehand reverse side
- \_\_\_\_\_ Rear foot stance upward palm block reverse side
- \_\_\_\_\_ Walking stance twin upset punch
- \_\_\_\_\_ Walking stance upper elbow strike reverse side
- \_\_\_\_\_ Walking stance rising block x-fist
- \_\_\_\_\_ Fixed stance u-shape block
- \_\_\_\_\_ Releasing from wrist grabs
- \_\_\_\_\_ Closed stance turning punch
- \_\_\_\_\_ Closed stance angle punch
- \_\_\_\_\_ Joong-Gun: student must do chambers and movements correctly.
- \_\_\_\_\_ All 3-step, both 2-steps, 1-steps, ground pattern and 1-step kicks sequence

### **KNOWLEDGE**

- \_\_\_\_\_ What is the meaning of Joong-Gun, # of movements and diagram?
- \_\_\_\_\_ What is the name and purpose of each move in Joong-Gun?
- \_\_\_\_\_ What is the length of a rear foot stance?
- \_\_\_\_\_ What is the weight distribution and angle of the feet in a rear foot stance?
- \_\_\_\_\_ How far is the front heel off the ground in the rear foot stance?
- \_\_\_\_\_ What are the Training Secrets of TaeKwon-Do?  
(Students under 10 years old must at least understand what they mean)
- \_\_\_\_\_ What are 4 of the principles of the Philosophy of TaeKwon-Do and their meanings?  
(Students under 10 years old must at least understand what they mean)
- \_\_\_\_\_ Why do some patterns have some slow motion movements?

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