



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



## GREEN BELT TO BLUE STRIPE REQUIREMENTS FOR 6<sup>TH</sup> TO 5<sup>TH</sup> GRADE PROMOTION TEST

### Initials      FUNDAMENTAL EXERCISE

- \_\_\_\_\_ L-stance inward strike knifehand
- \_\_\_\_\_ Walking stance circular block with the inner forearm
- \_\_\_\_\_ Step in place side piercing kick
- \_\_\_\_\_ Fixed stance middle punch obverse side
- \_\_\_\_\_ Step up reverse hooking kick
- \_\_\_\_\_ Walking stance middle punch reverse side
- \_\_\_\_\_ Bending ready stance A
- \_\_\_\_\_ Standing side piercing with a high punch
- \_\_\_\_\_ Bending ready stance B
- \_\_\_\_\_ L-stance low block forearm
- \_\_\_\_\_ Release from headlock and full nelson
- \_\_\_\_\_ Won-Hyo: student must do the chambers and movements correctly.
- \_\_\_\_\_ All three 3-steps, all four 1-step punches and ground pattern

### KNOWLEDGE

- \_\_\_\_\_ How far are the fists away from the head in a Closed Ready Stance A?
- \_\_\_\_\_ What is the name and purpose of each move in Won-Hyo
- \_\_\_\_\_ What is the meaning of Won-Hyo?
- \_\_\_\_\_ How many moves and what is the diagram of Won-Hyo?
- \_\_\_\_\_ What is the meaning of the Green Belt?
- \_\_\_\_\_ What is the length and width of the fixed stance?
- \_\_\_\_\_ What is the weight distribution and the angle of the feet in the fixed stance?
- \_\_\_\_\_ What are 4 of the Training Secrets of TaeKwon-Do?  
(Students under 10 years old must at least understand what they mean)

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