



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



## GREEN STRIPE TO GREEN BELT REQUIREMENTS FOR 7<sup>TH</sup> TO 6<sup>TH</sup> GRADE PROMOTION TEST

### Initials

### FUNDAMENTAL EXERCISE

- \_\_\_\_\_ Half step from Walking Stance
- \_\_\_\_\_ L-stance middle inward block outer forearm reverse side
- \_\_\_\_\_ Walking stance middle block with the outer forearm
- \_\_\_\_\_ Walking stance high side strike back fist
- \_\_\_\_\_ Walking stance high wedging block with the outer forearm
- \_\_\_\_\_ L-stance guarding block forearm
- \_\_\_\_\_ Jump snap kick
- \_\_\_\_\_ L-stance high side strike back fist
- \_\_\_\_\_ Turn Kick
- \_\_\_\_\_ 180 degree side piercing kick
- \_\_\_\_\_ Back piercing kick
- \_\_\_\_\_ Release from a choke or lapel grab
- \_\_\_\_\_ Do-San: student must do the chambers and movements correctly.
- \_\_\_\_\_ All three 3-steps, first 1-step punch and ground pattern
- \_\_\_\_\_ Student must do side piercing, turn kick and hand breaks with re-breakable board.

### KNOWLEDGE

- \_\_\_\_\_ What is the meaning of Do-San?
- \_\_\_\_\_ How many moves and what is the diagram?
- \_\_\_\_\_ Why is the diagram this shape?
- \_\_\_\_\_ What is the name and purpose of each move in Do-San?
- \_\_\_\_\_ What's General Choi's penname?
- \_\_\_\_\_ What does the Green Belt stand for?
- \_\_\_\_\_ What are the definitions of the parts of the Theory of Power?
- \_\_\_\_\_ How wide is a sitting stance? How long?
- \_\_\_\_\_ What is the weight distribution of the sitting stance?
- \_\_\_\_\_ Explain sine wave.

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