



Mark Cashatt's TaeKwon-Do School, Inc.



YELLOW BELT TO GREEN STRIPE REQUIREMENTS FOR 8TH TO 7TH GRADE PROMOTION TEST

Initials & date

FUNDAMENTAL EXERCISE

- Getting up defensively, clam
- Four point stance, upside & downside
- Three point stance with a back piercing & side front punch
- L-stance twin forearm block
- Walking stance rising block with the forearm
- L-stance outward strike knifehand
- Walking stance middle block inner forearm reverse side
- Sitting stance back elbow thrust
- Straight elbow thrust
- Downward kick
- Pick-shaped kick
- Release from a bear hug
- Dan-Gun: student must do all the chambers and movements correctly.
- All 3 three-steps and first one step punch:
student must do all chambers and movements correctly

KNOWLEDGE

- _____ What is the meaning of Dan-Gun?
- _____ How many moves are there and what is the diagram of Dan-Gun?
- _____ How far should the rear hand be from the chest in a guarding forearm or knifehand?
- _____ What is Continuous Motion?
- _____ What are the five parts of the Theory of Power?
- _____ Name and purpose of all movements in all patterns so far.

Instructor Signature _____ Date _____