



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



## YELLOW STRIPE TO YELLOW BELT REQUIREMENTS FOR 9<sup>TH</sup> TO 8<sup>TH</sup> GRADE PROMOTION TEST

### Initials & date

### FUNDAMENTAL EXERCISE

- \_\_\_\_\_ Fighting Stance with proper guarding forearm block, jab, punch & shifting (rotation of the hip & back heel)
- \_\_\_\_\_ L-stance guarding block knifehand (L-stance proper L & W, weight distribution)
- \_\_\_\_\_ Walking stance stepping punch (looking for C-stepping) (walking stance proper measurements)
- \_\_\_\_\_ Walking stance low block forearm reverse side
- \_\_\_\_\_ Walking stance low block knifehand reverse side
- \_\_\_\_\_ Rising Kick (from walking stance, double low block, proper chamber)
- \_\_\_\_\_ Crescent kick
- \_\_\_\_\_ Hooking kick
- \_\_\_\_\_ L-stance middle block inner forearm reverse side
- \_\_\_\_\_ Back leg Side piercing kick
- \_\_\_\_\_ Side front snap kick
- \_\_\_\_\_ Frontal Five self-defense moves
- \_\_\_\_\_ Break a re-breakable board with snap kick
- \_\_\_\_\_ Chon-Ji: student must do all chambers and movements correctly.
- \_\_\_\_\_ Nowoo Tul (ground pattern): student must do all chambers and movements correctly.
- \_\_\_\_\_ 1st and 2nd 3-step: students must do all chambers and execution correctly.

### KNOWLEDGE

- \_\_\_\_\_ What is the meaning of Chon-Ji?
- \_\_\_\_\_ What are the number of moves and diagram?
- \_\_\_\_\_ What is the name and purpose of each move in Nowoo Tul?
- \_\_\_\_\_ How many patterns are there all together? And Why?
- \_\_\_\_\_ What does the Yellow Belt stand for?
- \_\_\_\_\_ What are the meanings of the Five Tenets?
- \_\_\_\_\_ How wide and long is a Walking Stance?
- \_\_\_\_\_ What is the weight distribution?
- \_\_\_\_\_ Which leg is bent, which is locked?
- \_\_\_\_\_ How is each foot angled?
- \_\_\_\_\_ How wide and long is a L-stance?
- \_\_\_\_\_ What is the weight distribution?
- \_\_\_\_\_ Which leg is bent more?
- \_\_\_\_\_ How is each foot angled?

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

