Mark Cashatt's TaeKwon-Do School, Inc.

WHITE BELT TO YELLOW STRIPE
REQUIREMENTS FOR 10TH TO 9TH GRADE PROMOTION TEST

Initials & date **FUNDAMENTAL EXERCISE**

_____ Listening Position #1, #2 and #3
_____ Routine for accepting an award and joining a class that has already started
_____ Tying the belt properly
_____ Deflect ear grabs
_____ Proper KIAP!
_____ Making a fist properly, proper jumping jacks and proper push-ups
_____ Parallel Ready Stance (parallel ready stance punch)
_____ Walking stance low block forearm obverse side
_____ Sitting stance middle punch
_____ Walking stance low block knifehand obverse side
_____ Walking stance middle block inner forearm obverse side
_____ Snap kick
_____ Back leg middle turn kick
_____ Front leg Side Piercing
_____ Four directional punch: student must do all chambers and movements correctly. (saju-jirugi)
_____ Four directional block: student must do all chambers and movements correctly. (saju-maki)
_____ First 2 3-step sparring defense side alone: students must do all the chambers and movements correctly.

KNOWLEDGE

_____ Proper salutations (bow when stepping on or off floor, and to all Black Belts, using sir and ma'am, proper shake)
_____ Student must count to 4 in Korean.
_____ What are the meanings of Saju-jirugi and Saju-maki?
_____ What are the number of moves and diagrams of Saju-jirugi and Saju-maki?
_____ Who 's the founder of TaeKwon-Do?
_____ What year was TaeKwon-Do named?
_____ What are the Five Tenets of TaeKwon-Do?
_____ Name of the Uniform in Korean.
_____ Name of the Practice Place in Korean.
_____ What is the meaning of the White Belt?
_____ What does the Yellow Stripe stand for?
_____ What does TaeKwon-Do mean?
_____ How wide is a Parallel Ready Stance?

Instructor Signature _____ Date _____