



Mark Cashatt's TaeKwon-Do School, Inc.



BLUE BELT TO RED STRIPE **REQUIREMENTS FOR 4TH TO 3RD GRADE PROMOTION TEST**

Initials

FUNDAMENTAL EXERCISE

- _____ 180 degree reverse hooking kick
- _____ 180 degree hooking kick
- _____ 180 degree vertical kick
- _____ L-stance middle block with the reverse knifehand reverse side
- _____ Rear foot stance upward palm block reverse side
- _____ Walking stance twin upset punch
- _____ Walking stance upper elbow strike reverse side
- _____ Walking stance rising block x-fist
- _____ Fixed stance u-shape block
- _____ Releasing from wrist grabs
- _____ Closed stance turning punch
- _____ Closed stance angle punch
- _____ Joong-Gun: student must do chambers and movements correctly.
- _____ All 3-step, both 2-steps, 1-steps, ground pattern and 1-step kicks sequence

KNOWLEDGE

- _____ What is the meaning of Joong-Gun, # of movements and diagram?
- _____ What is the name and purpose of each move in Joong-Gun?
- _____ What is the length of a rear foot stance?
- _____ What is the weight distribution and angle of the feet in a rear foot stance?
- _____ How far is the front heel off the ground in the rear foot stance?
- _____ What is the length and width of the low stance?
- _____ What is the weight distribution and angle of the feet in a low stance?
- _____ What are the Training Secrets of TaeKwon-Do?
(Students under 10 years old must at least understand what they mean)
- _____ What are 4 of the principles of the Philosophy of TaeKwon-Do and their meanings?
(Students under 10 years old must at least understand what they mean)
- _____ Why do some patterns have some slow motion movements?

Instructor Signature _____ Date _____



UNITED TAEKWON-DO FEDERATION

Mark Cashatt's TaeKwon-Do School, Inc.



GUP PROMOTIONAL TEST

CANDIDATE NAME: _____ TEST DATE: _____

REQUESTED RANK: _____

DESCRIPTION	GRADE	COMMENTS
-------------	-------	----------

BASIC HAND	A B C D	
------------	---------	--

BASIC KICK	A B C D	
------------	---------	--

BASIC BLOCK	A B C D	
-------------	---------	--

BASIC STANCES	A B C D	
---------------	---------	--

PATTERNS

SAJU-JIRUGI	A B C D	
-------------	---------	--

SAJU-MAKI	A B C D	
-----------	---------	--

CHON-JI	A B C D	
---------	---------	--

DAN-GUN	A B C D	
---------	---------	--

DO-SAN	A B C D	
--------	---------	--

WON-HYO	A B C D	
---------	---------	--

YUL-GOK	A B C D	
---------	---------	--

JOONG-GUN	A B C D	
-----------	---------	--

TOI-GYE	A B C D	
---------	---------	--

HWA-RANG	A B C D	
----------	---------	--

CHONG-MOO	A B C D	
-----------	---------	--

STEP SPARRING	A B C D	
---------------	---------	--

SCHOOL GRADES	_____	
---------------	-------	--

SELF-DEFENSE	A B C D	
--------------	---------	--

ATTITUDE	A B C D	
----------	---------	--

BREAKING

PIERCING	P F # _____	
----------	-------------	--

TURN	P F # _____	
------	-------------	--

HAND	P F # _____	
------	-------------	--

PATTERN

MEANINGS	A B C D	
----------	---------	--

HISTORY	A B C D	
---------	---------	--

TECHNICAL	A B C D	
-----------	---------	--

RESULTS _____

GRADED

BY _____

EXAMINER _____