

YELLOW BELT

TAEKWON-DO REQUIREMENTS

8TH GUP (YELLOW BELT) test for 7TH GUP (GREEN STRIPE)

Name: (Please print First and Last)

Signature:

Age:

I hereby request to be tested for a higher rank and agree that the examiner shall be the only persons who are qualified to place me on the basis of my technique, knowledge of the art and attitude.

Date of completion:

ATTENDANCE

Attend a minimum of 16 Beginning level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 9: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 10: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 11: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 12: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 13: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 14: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 15: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 16: DATE _____

CITIZENSHIP (Social & Academic)

On going demonstration of good discipline:

COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT

At home, school, and public (Including grade point average)

COMPLETE

Parent's Name:
(If the student is under the age of 18):

Parent's Signature:

DATE:

In Studio

COMPLETE

Examiner's Name (Print Name):

Examiner's Signature:

DATE:

In addition to the above classes, the student must be able to demonstrate the following items with precision, balance and power. (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.)

STANCES

No new stance required

<input type="checkbox"/> COMPLETE	Examiner's Name (Print Name):
DATE:	Examiner's Signature:

HAND TECHNIQUES

- Downward strike with the knifehand
- Guarding block with the knife-hand
- Twin block with the outer forearms
- Rising block with the outer forearm
- Outward strike with the knife-hand

COMPLETE

Examiner's Name (Print Name):

Examiner's Signature:

DATE:

PATTERN

- Dan-Gun

<input type="checkbox"/> COMPLETE	Examiner's Name (Print Name):
DATE:	Examiner's Signature:

KICKING

- Side Piercing kick (lead leg, rear leg & stepping motion)
- Back Piercing kick (Front & Back)

COMPLETE

Examiner's Name (Print Name):

Examiner's Signature:

DATE:

▶ **CONDITIONING**

- **Jumping Jacks (40)**
- **Push-ups (20)**
- **4 count body builders (20)**
- **Mountain Climbers (40)**
- **Sit-ups (1 Minute)**
- **Front rising kick (10)** min. height: High-Level
- **Front rising in a circle (10)** min. height: High-Level
- **Side rising kick (10)** min. height: High-Level
- **Stretching - Side & Front Splits, Feet together**

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): <hr style="border: none; border-top: 1px solid black;"/> Examiner's Signature:
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▶ **KNOWLEDGE**

- **Counting to 30 in Korean (SORAN)**
- **Dan-Gun pattern Interpretation**
- **Three Classes of Black Belt**
- **Demonstration of COURTESY**

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): <hr style="border: none; border-top: 1px solid black;"/> Examiner's Signature:
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▶ **BREAKING**

- Children (Ages 13 and under)
- **1/2 Board Side Piercing kick**
- Women & Juniors (Juniors age 13 to 17)
- **1/2 Board Side Piercing kick**
- Men (Ages 18 and above)
- **1 Board Side Piercing kick**

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): <hr style="border: none; border-top: 1px solid black;"/> Examiner's Signature:
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NOTES
