

BLACK STRIPE

TAEKWON-DO REQUIREMENTS

1ST GUP (BLACK STRIPE) test for 1ST GUP (DOUBLE BLACK 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 64 Advanced level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 17: DATE _____	<input type="checkbox"/> 33: DATE _____	<input type="checkbox"/> 49: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 18: DATE _____	<input type="checkbox"/> 34: DATE _____	<input type="checkbox"/> 50: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 19: DATE _____	<input type="checkbox"/> 35: DATE _____	<input type="checkbox"/> 51: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 20: DATE _____	<input type="checkbox"/> 36: DATE _____	<input type="checkbox"/> 52: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 21: DATE _____	<input type="checkbox"/> 37: DATE _____	<input type="checkbox"/> 53: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 22: DATE _____	<input type="checkbox"/> 38: DATE _____	<input type="checkbox"/> 54: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 23: DATE _____	<input type="checkbox"/> 39: DATE _____	<input type="checkbox"/> 55: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 24: DATE _____	<input type="checkbox"/> 40: DATE _____	<input type="checkbox"/> 56: DATE _____
<input type="checkbox"/> 9: DATE _____	<input type="checkbox"/> 25: DATE _____	<input type="checkbox"/> 41: DATE _____	<input type="checkbox"/> 57: DATE _____
<input type="checkbox"/> 10: DATE _____	<input type="checkbox"/> 26: DATE _____	<input type="checkbox"/> 42: DATE _____	<input type="checkbox"/> 58: DATE _____
<input type="checkbox"/> 11: DATE _____	<input type="checkbox"/> 27: DATE _____	<input type="checkbox"/> 43: DATE _____	<input type="checkbox"/> 59: DATE _____
<input type="checkbox"/> 12: DATE _____	<input type="checkbox"/> 28: DATE _____	<input type="checkbox"/> 44: DATE _____	<input type="checkbox"/> 60: DATE _____
<input type="checkbox"/> 13: DATE _____	<input type="checkbox"/> 29: DATE _____	<input type="checkbox"/> 45: DATE _____	<input type="checkbox"/> 61: DATE _____
<input type="checkbox"/> 14: DATE _____	<input type="checkbox"/> 30: DATE _____	<input type="checkbox"/> 46: DATE _____	<input type="checkbox"/> 62: DATE _____
<input type="checkbox"/> 15: DATE _____	<input type="checkbox"/> 31: DATE _____	<input type="checkbox"/> 47: DATE _____	<input type="checkbox"/> 63: DATE _____
<input type="checkbox"/> 16: DATE _____	<input type="checkbox"/> 32: DATE _____	<input type="checkbox"/> 48: DATE _____	<input type="checkbox"/> 64: 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.)

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)

<input type="checkbox"/> COMPLETE	Parent's Name: (If the student is under the age of 18):
_____	Parent's Signature:
DATE:	

In Studio

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

▶ STANCES

- No new stances

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

▶ HAND TECHNIQUES

- Inward front strike with the reverse knife-hand
- Inward block with the outer forearm
- Checking block with the x-knife-hand
- Upward block with the twin palms

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

▶ CONDITIONING

- Maximum Push-ups in one minute
- Maximum Sit-Ups in one minute
- Maximum Pull-ups in one minute
- Handstand for minimum of 3 seconds
- Run 1 mile
- Stretching - Side & Front Splits, Feet together

MEASUREMENTS

Side Splits: _____ Feet together: _____

Front Splits Right: _____ Front Splits Left: _____

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

▶ KICKING

- Sliding Reverse Turning Kick
- Flying 360° Reverse Hook Kick (offensive)
- Flying 360° Back Piercing Kick
- Flying Twin foot Front Snap Kick - 1 & 2 targets

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

▶ BREAKING

Children (Ages 13 and under)

- 1/2 Board consecutive kick
(Front snap kick, Side Turning kick)

Women & Juniors (Juniors age 13 to 17)

- 1/2 Board consecutive kick
(Front snap kick, Side Turning kick)

Men (Ages 18 and above)

- 1 Board consecutive kick
(Front snap kick, Side Turning kick)

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

▶ STEP SPARRING

- 1-step sparring exercise number 5
- 1-step sparring exercise number 6

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

▶ PATTERN

- Choong-Moo

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

▶ REQUIRED KNOWLEDGE

- Counting to 100 in Korean (BA-EK)
- Choong-Moo pattern Interpretation
- The meaning of Black Belt
- Eight "Training Secrets of Taekwon-Do"

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