## TAEKWON-DO REQUIREMENTS 5TH GUP (BLUE STRIPE) test for 5TH GUP (DOUBLE BLUE STRIPE)

Name: (Please print First and Last)		Signature:	Age:		
	ested for a higher rank and agree th ualified to place me on the basis of r		Date of completion:		
ATTENDA Attend a minimum	ANCE n of 32 Beginning level classes.				
1: DATE	9: DATE	17: DATE	25: DATE		
2: DATE	10: DATE	18: DATE	26: DATE		
3: DATE	11: DATE	19: DATE	27: DATE		
4: DATE	12: DATE	20: DATE	28: DATE		
5: DATE	13: DATE	21: DATE	29: DATE		
6: DATE	14: DATE	22: DATE	30: DATE		
7: DATE	15: DATE	23: DATE	31: DATE		
8: DATE	16: DATE	24: DATE	32: 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, a	Ind public (Including grade point average	<u> </u>	Examiner's Name (Print Name):		
COMPLETE	Parent's Name: (If the student is under the age of 18):	COMPLETE			
DATE:	Parent's Signature:	DATE:	Examiner's Signature:		
	rechniques				
COMPLETE	Examiner's Name (Print Name):	OHooking block	OHooking block with the palm OFront strike with the elbow OTwin block with the knife-hands		
DATE:	Examiner's Signature:		O Double block with the inner forearm		
		СОМРГЕТЕ	Examiner's Name (Print Name):		
		DATE:	Examiner's Signature:		

OStar Jump's (40) OJumping Squats (40) OKnuckle Push-ups (20) O8 count body builders (20) OLeg Raise's (2 minutes) OJumping Lungs (40) OKnee to Standing Jump (30) OStretching - Side & Front Splits, Feet together		Reverse Hook kick OHooking Kick (defensive) OTwisting Kick OFlying Turning Kick OFlying Side Turning Kick ODouble Kicks OTwo consecutive Kicks		
COMPLETE	Examiner's Name (Print Name):  Examiner's Signature:	COMPLETE	Examiner's Name (Print Name):  Examiner's Signature:	
DATE:		DATE:		
PATTERN OYul-Gok		Children (Ages 13 and under) O1/2 Board Reverse Hook kick O1/2 Board Front Elbow Strike Women & Juniors (Juniors age 13 to 17) O1/2 Board Reverse Hook kick O1/2 Board Front Elbow Strike Men (Ages 18 and above) O1 Board Reverse Hook kick O1 Board Front Elbow Strike		
COMPLETE	Examiner's Name (Print Name):	COMPLETE	Examiner's Name (Print Name):	
DATE:	Examiner's Signature:	DATE:	Examiner's Signature:	
REQUIRED KNOWLEDGE  Counting to 60 in Korean (YESUN)  Yul-Gok pattern Interpretation  The meaning of Blue Belt  5 disciplines of Moral Culture  5 parts of the "Physical Composition"  Compete in at least (1) tournament		NOTES		
COMPLETE	Examiner's Name (Print Name):			
DATE:	Examiner's Signature:	-		