TAEKWON-DO REQUIREMENTS6TH GUP (GREEN BELT) test for 5TH GUP (BLUE STRIPE)

Name: (Please print First and Last)		Signature:	Age:		
	ested for a higher rank and agree tha ualified to place me on the basis of m		Date of completion:		
ATTENDANCE Attend a minimum 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 OFixed stance					
At home, school, a	nd public (Including grade point average	e) OBending ready	stance type A		
COMPLETE	Parent's Name: (If the student is under the age of 18):	COMPLETE	Examiner's Name (Print Name):		
DATE:	Parent's Signature:	DATE:	Examiner's Signature:		
In Studio					
COMPLETE	Examiner's Name (Print Name):	Olnward strike w	Olnward strike with the knife-hand Ocircular block with the inner forearm		
DATE:	Examiner's Signature:		OGuarding block with the outer forearm		
		COMPLETE	Examiner's Name (Print Name):		
		DATE:	Examiner's Signature:		

OStar Jump's (30) OJumping Squats (30) OKnuckle Push-ups (15) O8 count body builders (15) OLeg Raise's (1 minute & 30 seconds) OJumping Lungs (30) OKnee to Standing Jump (20) OStretching - Side & Front Splits, Feet together		 KICKING Hook kick (lead leg, rear leg & stepping motion) Downward kick (lead leg, rear leg & stepping motion) Crescent kick Flying High kick Flying Side Piercing kick Double kicks Two Consecutive kicks 	
COMPLETE	Examiner's Name (Print Name):	СОМРЬЕТЕ	Examiner's Name (Print Name):
DATE:	Examiner's Signature:	DATE:	Examiner's Signature:
PATTER OWON-Hyo	RN	O1/2 Board Dov O1/2 Board Kni Men (Ages 18 and a O1 Board Dowr	and under) wnward kick rs (Juniors age 13 to 17) wnward kick fehand Downward Strike above)
COMPLETE	Examiner's Name (Print Name):	COMPLETE	Examiner's Name (Print Name):
DATE:	Examiner's Signature:	DATE:	Examiner's Signature:
REQUIRED KNOWLEDGE Ocunting to 50 in Korean (SWIN) Won-Hyo pattern Interpretation Vocabulary of at least 24 command words Demonstration of PERSEVERANCE		NOTES	
COMPLETE	Examiner's Name (Print Name):		
DATE:	Examiner's Signature:		