

# GREEN STRIPE

## TAEKWON-DO REQUIREMENTS

7TH GUP (GREEN STRIPE) test for 7TH GUP (DOUBLE 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)

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

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

- Side block with the outer forearm
- Middle thrust with the straight fingertip
- Side strike with the back fist
- Wedging block with the outer forearms

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

- Do-San

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

- High kick (lead leg, rear leg & stepping motion)
- Side Pushing kick (lead leg, rear leg & stepping motion)
- Side Thrusting kick (lead leg, rear leg & stepping motion)
- Flying Front Snap kick

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

- Star Jump's (20)
- Jumping Squats (20)
- Knuckle Push-ups (10)
- 8 count body builders (10)
- Leg Raise's (1 minute)
- Jumping Lunges (20)
- Knee to Standing Jump (10)
- Stretching - Side & Front Splits, Feet together

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

## ▶ **KNOWLEDGE**

- Counting to 40 in Korean (MAHUN)
- Do-San pattern Interpretation
- Meaning of Green Belt
- Opening & Closing ceremony for class

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

## ▶ **BREAKING**

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

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

## **NOTES**

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