TAEKWON-DO REQUIREMENTS
9TH GUP (YELLOW STRIPE) test for 9TH GUP (DOUBLE YELLOW 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.		·	
ATTENDANCE Attend a minimum of 16 Beginning level classes.  CITIZENSHIP (Social & Academic) On going demonstration of good discipline: COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT			
1: DATE 9: DATE	At home, school, and public (Including grad	At home, school, and public (Including grade point average)	
2: DATE 10: DATE	COMPLETE Parent's Name: (If the student is under the age of	· 18):	
3: DATE 11: DATE	Parent's Signature:		
4: DATE 12: DATE	DATE:		
5: DATE 13: DATE	In Studio		
6: DATE 14: DATE	COMPLETE Examiner's Name (Print Name):		
7: DATE 15: DATE			
8: DATE 16: DATE	DATE: Examiner's Signature:		
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 OL-stance  HAND TECHNIQUES OHook Punch OUppercut Punch			
COMPLETE Examiner's Name (Print Name):	COMPLETE Examiner's Name (Print	Name):	
DATE: Examiner's Signature:	DATE: Examiner's Signature:		
Chon-Ji  Classification  Chon-Ji  KICKING  Turning kick (lead leg, rear leg & stepping motion)  Side Turning kick (lead leg, rear leg & stepping motion)  Combination kicking (2 or more kicks alternating feet)			
COMPLETE Examiner's Name (Print Name):	COMPLETE Examiner's Name (Print	Name):	
Examiner's Signature:	DATE: Examiner's Signature:		

## CONDITIONING BREAKING Children (Ages 13 and under) OJumping Jacks (30) ○1/2 Board Front Snap kick or Turning kick **○Push-ups (15)** Women & Juniors (Juniors age 13 to 17) O4 count body builders (15) 01/2 Board Turning kick OMountain Climbers (30) Men (Ages 18 and above) OSit-ups (45 seconds) **O1 Board Turning kick** O Front rising kick (10) min. height: Mid-Level O Front rising in a circle (10) min. height: Mid-Level OSide rising kick (10) min. height: Mid-Level OStretching - Side & Front Splits, Feet together Examiner's Name (Print Name): Examiner's Name (Print Name): COMPLETE COMPLETE Examiner's Signature: Examiner's Signature: DATE: DATE: NOTES KNOWLEDGE ○ Counting to 20 in Korean (SUMUL) OChon-Ji pattern Interpretation OThe meaning of Yellow Belt OThe country in which Taekwon-Do originated O Founder of Taekwon-Do and his Rank OTranslation of Taekwon-Do OThe Characteristics of their Stances O9 points observed while performing a pattern Examiner's Name (Print Name): **COMPLETE** Examiner's Signature: DATE: