

DOUBLE BLUE STRIPE

TAEKWON-DO REQUIREMENTS

5TH GUP (DOUBLE BLUE STRIPE) test for 4TH GUP (BLUE BELT)

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 32 Beginning level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 9: DATE _____	<input type="checkbox"/> 17: DATE _____	<input type="checkbox"/> 25: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 10: DATE _____	<input type="checkbox"/> 18: DATE _____	<input type="checkbox"/> 26: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 11: DATE _____	<input type="checkbox"/> 19: DATE _____	<input type="checkbox"/> 27: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 12: DATE _____	<input type="checkbox"/> 20: DATE _____	<input type="checkbox"/> 28: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 13: DATE _____	<input type="checkbox"/> 21: DATE _____	<input type="checkbox"/> 29: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 14: DATE _____	<input type="checkbox"/> 22: DATE _____	<input type="checkbox"/> 30: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 15: DATE _____	<input type="checkbox"/> 23: DATE _____	<input type="checkbox"/> 31: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 16: DATE _____	<input type="checkbox"/> 24: DATE _____	<input type="checkbox"/> 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, and public (Including grade point average)

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

In Studio

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

▶ STEP SPARRING

- **2-step sparring exercise number 3:**
Attacker: Left leg back into a left L-stance, step forward left Walking Stance right Middle Reverse Punch, right Downward Kick.
Defender: Step back with left leg into a right Walking Stance left Inner Forearm Circular Block, dodge back into a left Bending Ready Stance Type A.
Counter Attack: Right Middle Side Piercing Kick, set the foot down into a right Fixed Stance right High Punch.

- **2-step sparring exercise number 4:**
Attacker: Right leg back into a right L-stance, coming forward right Middle Side Turning Kick, step forward into a left Walking Stance right Middle Reverse Punch.
Defender: Step back with right leg into a right L-stance Middle Outer Forearm Guarding Block, step back with left leg right Middle Crescent Kick.
Counter Attack: Consecutive right Hook Kick, right Side Turning Kick, step in with left leg into a right L-stance right Knifehand Inward Strike.

▶ STEP SPARRING

○ 2-step sparring exercise number 5:

Attacker: Left leg back into a left L-stance, step forward into a right L-stance left High Knifehand Side Strike, right Middle Back Piercing Kick.

Defender: Step back with right leg into a right L-stance Twin Knifehand Block, step back into a right Walking Stance right Middle Double Forearm Block.

Counter Attack: Left High Twisting Kick, step foot back foot to foot mid-air jump right Side Turning Kick, Landing right Knifehand Side Strike.

○ 2-step sparring exercise number 6:

Attacker: Left leg back into a left L-stance, step forward left Walking Stance left Middle Punch, step forward into a right Walking Stance right Middle Punch.

Defender: Step back with left leg right Middle Hooking Kick, step back into a left Walking Stance left Palm Hooking Block.

Counter Attack: Pulling opponent in with left palm while performing a right Middle Punch, step across with left leg right High Reverse Hook Kick, step back guarding block.

▶ SPARRING COMBOS

- **Combo. #14** Jab / Cross / Rear Downward Kick (Outside In)
- **Combo. #15** Rear leg Downward kick (Outside In) / Back Piercing Kick
- **Combo. #16** High lead Hook Kick / High Side Turing Kick (Consecutive)
- **Combo. #17** Back Fist / Low Jab / Step Reverse Knifehand
- **Combo. #18** Rear leg step forward / step back / Back Piercing Kick
- **Combo. #19** Slide lead leg Side Piercing Kick / Hook Kick (Consecutive)
- **Combo. #20** Slide Back Kick / Slide Side Piercing Kick (Consecutive)
- **Combo. #21** Downward Kick / Low Turning Kick / Cross Punch
- **Combo. #22** Low Turning Kick / Downward Kick / Cross Punch

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

▶ SPARRING ROUNDS

- Round 1 DATE: ____ / ____ / ____
- Round 2 DATE: ____ / ____ / ____
- Round 3 DATE: ____ / ____ / ____
- Round 4 DATE: ____ / ____ / ____
- Round 5 DATE: ____ / ____ / ____
- Round 6 DATE: ____ / ____ / ____
- Round 7 DATE: ____ / ____ / ____
- Round 8 DATE: ____ / ____ / ____
- Round 9 DATE: ____ / ____ / ____
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- Round 13 DATE: ____ / ____ / ____
- Round 14 DATE: ____ / ____ / ____
- Round 15 DATE: ____ / ____ / ____
- Round 16 DATE: ____ / ____ / ____
- Round 17 DATE: ____ / ____ / ____
- Round 18 DATE: ____ / ____ / ____
- Round 19 DATE: ____ / ____ / ____
- Round 20 DATE: ____ / ____ / ____

▶ SELF-DEFENSE (Ho Sin Sul)

- Shoulder Roll backward (Right & Left side)
- Shoulder Roll Break fall
- Control from a single grab to the lapel
- Control from a double grab to the lapel
- Control Side Head Lock
- Control form Chock (Rear & Single hand against a wall)
- Lock Flow 3
- Lock Flow 4
- Lock Flow 5
- Lock Flow 6

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

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	Examiner's Signature: