

DOUBLE YELLOW STRIPE

TAEKWON-DO REQUIREMENTS

9TH GUP (DOUBLE YELLOW STRIPE) test for 8TH GUP (YELLOW 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 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"/> COMPLETE DATE: _____	Parent's Name: (If the student is under the age of 18):
	Parent's Signature:

In Studio

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

STEP SPARRING

- 3-step sparring exercise number 1:**
Attacker: Step forward right walking to measure. Right leg back left Walking stance, stepping forward 3 Walking stance middle Fore fist punches.
Defender: Stepping back with the right leg first 3 Walking stance middle Inner Forearm blocks.
Counter Attack: Right reverse Fore fist punch in place
- 3-step sparring exercise number 2:**
Attacker: Step forward right walking to measure. Right leg back left Walking stance, stepping forward 3 low Front Snap kicks.
Defender: Stepping back with the right leg first 3 Walking stance Outer Forearm low blocks.
Counter Attack: Lead leg Front Snap kick followed by a right high reverse Fore fist punch in place.
- 3-step sparring exercise number 3:**
Attacker: Right leg back left Walking stance, stepping forward 3 Walking stance middle Fore fist punches.
Defender: Stepping back with the left leg first 3 L-stance middle Inner Forearm blocks.
Counter Attack: Right high Side Turning kick, lower right leg to left leg, left leg step backwards into a right Walking stance.

SPARRING COMBOS

- Combo. #1 Punching** (Jab / Cross)
- Combo. #2 Kicking** (Front snap kick / Front snap kick)
- Combo. #3** (Turning kick / Punch / Punch / Turning Kick)
- Combo. #4** (Jumping Jab / Cross)

SELF-DEFENSE (Ho Sin Sul)

- Break fall to the front**
- Break fall to the back**
- Break fall to the right side**
- Break fall to the left side**
- Release from a straight grab to the wrist**
- Release from a cross grab to the wrist**
- Release from two handed grab to the wrists**
- Release from double hand grab to the wrist**

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