

WELCOME TO WARRIOR CODE TAEKWON-DO ACADEMY. WE ARE HONORED TO HAVE YOU WITH US ON YOUR JOURNEY IN MARTIAL ARTS AND ITF STYLE TAEKWON-DO.

GETTING STARTED, THE FIRST THING YOU WILL NEED TO DO IS ATTEND CLASS REGULARLY (2 TO 3 TIMES PER WEEK). AS YOU TRAIN CONSISTENTLY, YOUR DRILLS WILL EVOLVE INTO SKILLS. TO GRADUATE TO THE NEXT LEVEL YOU WILL NEED TO FULFILL THE FOLLOWING:

COMPLETE THE STRIPE TESTING PROCESS
(ACHIEVE THE 3-PHYSICAL STRIPES)

ACHIEVE THE KNOWLEDGE STRIPE
(COMPLETE THE OPEN-BOOK WRITTEN TEST)

ATTEND & PASS THE RANK TESTING
(THIS IS WHERE YOU GRADE FOR THE NEXT LEVEL)



Steven LeGron
OWNER & INSTRUCTOR
WARRIOR CODE



MINIMUM REQUIREMENTS FOR 9TH KUP

Minimum Age
Requirement:

6 Years Old

Minimum Training
Requirement:

4 Months

Minimum Class
Requirement:

40 Classes

WARRIOR CODE

TAEKWONDO ACADEMY

REQUIREMENTS FOR THE



WHITE BELT

10TH KUP

NAME: _____

STARTING DATE: _____

AGE: _____ DOB: _____

STRIPE TRACKING

STRIPE #1 - FUNDAMENTAL STRIPE

STRIPE EXAMINER: _____

DATE: _____ INITIAL: _____
instructor

STRIPE #2 - PATTERNS & STEP SPARRING STRIPE

STRIPE EXAMINER: _____

DATE: _____ INITIAL: _____
instructor

STRIPE #3 - SPARRING & SELF-DEFENSE STRIPE

STRIPE EXAMINER: _____

DATE: _____ INITIAL: _____
instructor

STRIPE #4 - KNOWLEDGE STRIPE

STRIPE EXAMINER: _____

DATE: _____ INITIAL: _____
instructor

PHYSICAL REQUIREMENTS

YOUR PHYSICAL REQUIREMENTS TO TEST ARE:

3-MINUTES OF JOGGING

10- PUSH UPS

10- SIT UPS

10- SQUATS

STRIPE TECHNIQUES

STRIPE #1 - FUNDAMENTAL STRIPE

Parallel Stance Middle Punch
Walking Stance Middle Obverse Punch
Walking Stance Low Forearm Block
Walking Stance Low Knife-hand Block
Walking Stance Middle Inner Forearm Block
Walking Stance Middle Reverse Punch
Front Rising Kick
Outward Crescent Kick
Inward Crescent Kick
Side Rising Kick
Front Snap Kick
Turning Kick

STRIPE #2 - PATTERNS & STEP SPARRING STRIPE

Four Direction Punch
Four Direction Block
3-Step Sparring #1
3-Step Sparring #2

STRIPE #3 - SPARRING & SELF-DEFENSE STRIPE

Sparring Stance - Bouncing & Switching
Moving Drill #1 - Single Step Forward & Backward
Attack Drill - Rear leg Front Snap Kick & 2 punches
Defensive Drill - Step Back & Turning Kick
Break Falls - Forward & Backward from a squatted position
Release from a Straight Wrist Grab
Release from a Cross Wrist Grab

STRIPE #4 - KNOWLEDGE STRIPE

Complete the Open Book Written Test
(Must be completed and turned in at least
one month before the rank testing)