

CONGRATULATIONS ON BECOMING THE 7TH KUP OR GREEN STRIPE. WITH EVERY NEW PROMOTION OR NEW RANK WILL COME NEW CHALLENGES.

HERE ARE SOME THINGS YOU CAN LOOK FORWARD TO AS A GREEN STRIPE:

**YOU WILL BE SPARRING AT YOUR NEXT TEST**  
(YOU HAVE THE FOUNDATION, TIME TO MIX IT UP)

**GET READY FOR SOME PUBLIC SPEAKING**  
(YOU ARE REQUIRED TO INTRODUCE YOURSELF AND TELL US YOUR FAVORITE THING ABOUT TAEKWON-DO AT YOUR NEXT GRADUATION)



*Steven LeGron*  
OWNER & INSTRUCTOR  
WARRIOR CODE



### REQUIREMENTS FOR 6TH KUP

#### REGULAR TRACK

Minimum Age  
Requirement:

**8 Years Old**

Minimum Training  
Requirement:

**8 Months**

Minimum Class  
Requirement:

**64 Classes**

*Participation in a tournament & seminar is not required*

#### FASTER TRACK

Minimum Age  
Requirement:

**8 Years Old**

Minimum Training  
Requirement:

**4 Months**

Minimum Class  
Requirement:

**42 Classes**

*Participation in a tournament & seminar is required*

# WARRIOR CODE

TAEKWONDO ACADEMY

REQUIREMENTS FOR THE



## GREEN STRIPE

7TH KUP

NAME: \_\_\_\_\_

PROMOTED ON: \_\_\_\_\_

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*

PARTICIPATION IN A TOURNAMENT: \_\_\_\_\_

PARTICIPATION IN A SEMINAR: \_\_\_\_\_

# PHYSICAL REQUIREMENTS

## **YOUR PHYSICAL REQUIREMENTS TO TEST ARE:**

6-MINUTES OF JOGGING: \_\_\_\_\_

25- PUSH UPS: \_\_\_\_\_

25- SIT UPS: \_\_\_\_\_

25- SQUATS: \_\_\_\_\_

# STRIPE TECHNIQUES

## STRIPE #1 - FUNDAMENTAL STRIPE

Walking Stance High Outer Forearm Side Block  
Walking Stance Middle Straight Fingertip Thrust  
Walking Stance High Backfist Side Strike  
Walking Stance High Outer Forearm Wedging Block  
Fast Motion

Back Piercing Kick  
180 Degree Back Piercing Kick  
Jumping Turning Kick - Two Foot Jump  
Jumping Turning Kick - Scissor Motion

## STRIPE #2 - PATTERNS & STEP SPARRING STRIPE

Pattern Chon-Ji  
Pattern Dan-Gun  
Pattern Do-San

2-Step Sparring #1  
2-Step Sparring #2

## STRIPE #3 - SPARRING & SELF-DEFENSE STRIPE

Moving Drill #4 - Shift & Move to the Side  
Counter Attack a Side Kick using a Jumping Turning Kick  
Semi-Free Sparring (2-rounds of 20-seconds)  
Forward & Backward Rolls  
Escape from a Bearhug (& Counter)

## STRIPE #4 - KNOWLEDGE STRIPE

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