

ACHIEVING THE 5TH KUP OR BLUE STRIPE IS QUITE AN ACCOMPLISHMENT. AFTER THE NEXT RANK TESTINGS, YOU WILL BE IN THE ADVANCED CLASS. THIS MEANS IT IS TRULY TIME TO BECOME THE ROLE MODEL OF THE INTERMEDIATE CLASS! YOUR GOAL IS TO TRAIN SO HARD THAT BEING IN THE ADVANCED CLASS DOES NOT FEEL LIKE A BIG STEP.

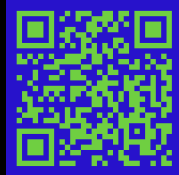
REMEMBER TO BE A ROLE MODEL
(YOU ARE IN THE FRONT LINE... ALL EYES ON YOU)

ANOTHER PUBLIC SPEAKING REQUIREMENT
(WHAT WILL YOU CONTRIBUTE WHEN YOU START TRAINING IN THE ADVANCED CLASSES?)



Steven LeGron

OWNER & INSTRUCTOR
WARRIOR CODE



REQUIREMENTS FOR 4TH KUP

REGULAR TRACK

Minimum Age
Requirement:

9 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:

9 Years Old

Minimum Training
Requirement:

4 Months

Minimum Class
Requirement:

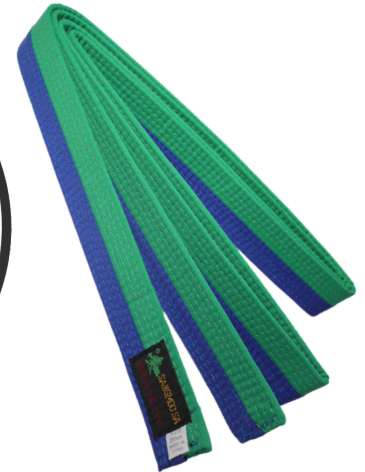
42 Classes

Participation in a tournament & seminar is required

WARRIOR CODE

TAEKWONDO ACADEMY

REQUIREMENTS FOR THE



BLUE STRIPE

5TH KUP

NAME: _____

PROMOTED ON: _____

AGE: _____ DOB: _____

CLASS PARTICIPATION

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:

8-MINUTES OF JOGGING: _____

35- PUSH UPS: _____

35- SIT UPS: _____

35- SQUATS: _____

STRIPE TECHNIQUES

STRIPE #1 - FUNDAMENTAL STRIPE

Walking Stance Middle Palm Hooking Block
Walking Stance Middle Front Elbow Strike
L-Stance Twin Knife-hand Block
X-Stance High Backfist Side Strike (jumping)
Walking Stance High Double Forearm Side Block
Connecting Motion - 2 Hooking Blocks & Obverse Punch

180 Degree Jumping Reverse Hooking Kick
Outward Vertical Kick
Inward Vertical Kick

STRIPE #2 - PATTERNS & STEP SPARRING STRIPE

Pattern Do-San
Pattern Won-Hyo
Pattern Yul-Gok

2-Step Sparring #5
2-Step Sparring #6

STRIPE #3 - SPARRING & SELF-DEFENSE STRIPE

Moving Drill #6 - Cut 90 Degrees avoiding attack
Attack Drill: Skip Turning Kick (bait) & Jumping Punch
Defense Drill 1: Movement Drill #1 & Jumping Punch
Defense Drill 2: Movement Drill #2 & Jumping Punch
Defense Drill 3: Movement Drill #3 & Jumping Punch
Defend against a Haymaker (swinging punch)
Defend against a Turning Kick
Escape a Front Head Lock (& 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)