

CONGRATULATIONS ON PASSING YOUR FIRST RANK TESTING OR EXAM ITF TAEKWON-DO. THIS WAS YOUR FIRST BIG STEP. THIS IS THE LAST LEVEL OF THE BEGINNER CLASS AND WILL TEACH YOU SOME IMPORTANT THINGS, PREPARING YOU FOR THE INTERMEDIATE CLASS.

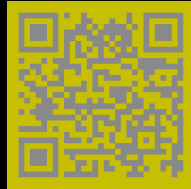
AS BEFORE, YOU WILL NEED TO COMPLETE THE 3-PHYSICAL STRIPES AS WELL AS THE KNOWLEDGE STRIPE (WRITTEN TEST). PLEASE OBSERVE THE FOLLOWING RULES AS YOU GET STARTED ON THE NEXT GOAL:

MUST BE AT LEAST 7 YEARS OLD TO RANK TEST
(EACH STUDENT MUST BE AT LEAST 7 YEARS OLD TO JOIN THE INTERMEDIATE CLASS)

STUDENTS WILL NEED SPARRING GEAR
(EACH STUDENT MUST HAVE SPARRING GEAR TO JOIN THE INTERMEDIATE CLASS)



Steven LeGron
OWNER & INSTRUCTOR
WARRIOR CODE



MINIMUM REQUIREMENTS FOR 8TH KUP

Minimum Age Requirement:

7 Years Old

Minimum Training Requirement:

4 Months

Minimum Class Requirement:

40 Classes

WARRIOR CODE

TAEKWONDO ACADEMY

REQUIREMENTS FOR THE



YELLOW STRIPE

9TH 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

PHYSICAL REQUIREMENTS

YOUR PHYSICAL REQUIREMENTS TO TEST ARE:

4-MINUTES OF JOGGING:

15- PUSH UPS:

15- SIT UPS:

15- SQUATS:

STRIPE TECHNIQUES

STRIPE #1 - FUNDAMENTAL STRIPE

Sitting Stance Middle Punch
L-Stance Middle Reverse Punch
L-Stance Middle Inner Forearm Block
L-Stance Middle Forearm Guarding Block

Downward Kick
Turning Kick
Side Piercing Kick

STRIPE #2 - PATTERNS & STEP SPARRING STRIPE

Four Direction Punch
Four Direction Block
Pattern Chon-Ji

3-Step Sparring #3
3-Step Sparring #4

STRIPE #3 - SPARRING & SELF-DEFENSE STRIPE

Sparring Stance - Bouncing & Double Switching
Moving Drill #2 - Double Step Forward & Backward
Drill #1- Double Step Turning Kick & Downward Kick (attack)
Drill #2- Double Step Side Kick & Turning Kick (attack)
Drill #3- Double Step Backward & Side Kick (defense)
Break Falls - Forward & Backward from a squatted position
Avoid from a Front Choke Attack (& counter)
Escape from a Front Choke (& 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)