

WELCOME TO THE INTERMEDIATE CLASS. THIS IS WHERE THE JOURNEY STARTS TO GET LONGER AND HARDER.

PLEASE READ THE REQUIREMENTS CAREFULLY AS THERE ARE SOME NEW RULES AND REQUIREMENTS THAT ARE PART OF THE NEXT CHAPTER OF YOUR TRAINING:

**REGULAR TRACK VS FAST TRACK**  
(THERE ARE 2-WAYS TO ACHIEVE THE NEXT LEVEL)

**NEW EVENTS THAT ARE OPEN TO YOU**  
(YOU ARE NOW ELIGIBLE TO PARTICIPATE IN TOURNAMENTS AND SEMINARS)



*Steven LeGrow*  
OWNER & INSTRUCTOR  
WARRIOR CODE



### REQUIREMENTS FOR 7TH KUP

#### REGULAR TRACK

Minimum Age  
Requirement:

**7 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:

**7 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



## YELLOW BELT

8TH 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:**

5-MINUTES OF JOGGING:

20- PUSH UPS

20- SIT UPS

20- SQUATS

# STRIPE TECHNIQUES

## STRIPE #1 - FUNDAMENTAL STRIPE

L-Stance Middle Knife-hand Guarding Block

Walking Stance High Obverse Punch

L-Stance Twin Forearm Block

Walking Stance Outer Forearm Rising Block

L-Stance Middle Knife-hand Side Strike

Continuous Motion

Double Turning Kick

Double Side Piercing Kick

Reverse Hooking Kick

Jumping Front Snap Kick - Two Foot Jump

Jumping Front Snap Kick - Scissor Motion

## STRIPE #2 - PATTERNS & STEP SPARRING STRIPE

Four Direction Block

Pattern Chon-Ji

Pattern Dan-Gun

3-Step Sparring #5

3-Step Sparring #6

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

Moving Drill #3 - Small Shift Forward & Backward

Attack Drill - Shift Side Kick, 2 Punches & Turning Kick

Defense Drill #1 - Shift Back & Side Kick, 2 Punches

Defense Drill #2 - Shift Back & Side Kick, 2 Punches

Break Falls - Forward & Side from a Standing position

Release from a Front Grab / Lapel Grab (wristlock 1)

Release from a Shoulder Grab (wrist lock 2)

## STRIPE #4 - KNOWLEDGE STRIPE

Complete the Open Book Written Test

(Must be completed and turned in at least one month before the rank testing)