

CONGRATULATIONS ON BECOMING THE 6TH KUP OR GREEN BELT. AFTER 2-MORE RANK TESTINGS, YOU WILL BE GRADUATING INTO THE ADVANCED CLASS. WHEN YOU ARE TRAINING, TRY TO ENVISION WHAT KIND OF HIGHER BELT YOU WANT TO BE - THEN WORK HARD TO ACHIEVE IT!

REMEMBER TO BE A ROLE MODEL
(DO YOUR BEST TO SUPPORT LOWER RANKING STUDENTS - CHEER FOR THEIR SUCCESS)

MORE PUBLIC SPEAKING IS HEADIND YOUR WAY
(THE NEXT TOPIC IS WHAT IS THE MOST CHALLENGING THING YOU HAVE ENCOUNTERED SO FAR AND HOW YOU OVERCAME THE CHALLENGE)



Steven LeGron
OWNER & INSTRUCTOR
WARRIOR CODE



REQUIREMENTS FOR 5TH 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 BELT

6TH 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:

7-MINUTES OF JOGGING: _____

30- PUSH UPS: _____

30- SIT UPS: _____

30- SQUATS: _____

STRIPE TECHNIQUES

STRIPE #1 - FUNDAMENTAL STRIPE

L-Stance Twin Forearm Block

L-Stance High Inward Knife-hand Strike

Bending Ready Stance A (and then Side Piercing Kick)

Walking Stance Inner Forearm Circular Block

180 Degree Reverse Hooking Kick

Jumping Side Piercing Kick

Jumping 180 Degree Back Piercing Kick

STRIPE #2 - PATTERNS & STEP SPARRING STRIPE

Pattern Dan-Gun

Pattern Do-San

Pattern Won-Hyo

2-Step Sparring #3

2-Step Sparring #4

STRIPE #3 - SPARRING & SELF-DEFENSE STRIPE

Moving Drill #5 - "V" Shape Step Sequence

Counter a Turning Kick using a Back Piercing Kick

Counter a Turning Kick using a 180 Rev Hooking Kick

Counter a Turning Kick using movement drill #5

Escape from a Side Head Lock (& Counter)

Defend against a Front Snap Kick

STRIPE #4 - KNOWLEDGE STRIPE

Complete the Open Book Written Test

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