Physical Requirements:

1) ATTENDANCE
   A) Minimum of 15 classes

2) KICKS
   A) Rising kick
   B) Front snap kick
   C) Roundhouse kick
   D) Side kick

3) HAND TECHNIQUES
   A) High block
   B) Middle inner block
   C) Low block
   D) Middle punch

4) STANCES
   A) Attention stance
   B) Ready stance
   C) Shoulder stance
   D) Fighting stance
   E) Horse riding stance
   F) Front stance
   G) Listening stance

5) FORM
   A) Little Dragon Oren Saju Jirugi
      (4 punches and 4 blocks)

Mental Requirements:

1) COUNT FROM 1 TO 5 IN KOREAN
   • One – Hana
   • Two – Dule
   • Three – Set
   • Four – Net
   • Five – Dasot

2) TENETS OF TAEKWONDO
   • Courtesy
   • Integrity
   • Perseverance
   • Indomitable spirit
   • Self-control

3) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
   • Rising kick – Back of the heel
   • Front snap kick – Ball
   • Roundhouse kick – Top
   • Side kick – Bottom of the heel

4) PHONE NUMBER
   • Home phone number or parents' cell phone number(s)