Physical Requirements:

1) ATTENDANCE
   A) Minimum of 20 classes

2) KICKS
   A) Axe kick
   B) High roundhouse kick
   C) Inside crescent kick
   D) Outside crescent kick
   E) All previous kicks

3) HAND TECHNIQUES
   A) Reverse middle punch
   B) Reverse middle inner block
   C) Low Punch
   D) All previous hand techniques

4) STANCES
   A) Walking stance
   B) All previous stances

5) FORM
   A) Little Dragon Taegeuk Il Jang

Mental Requirements:

1) COUNT FROM 1 TO 10 IN KOREAN
   • One – Hana
   • Two – Dule
   • Three – Set
   • Four – Net
   • Five – Dasot
   • Six – Yosot
   • Seven – Il gob
   • Eight – Yo dul
   • Nine – Ahop
   • Ten – Yul

2) MEANING OF THE TENETS OF TAEKWONDO
   • Courtesy – Be nice to others
   • Integrity – Do not lie
   • Perseverance – Never give up
   • Indomitable spirit – Don’t get sad when things don’t go your way
   • Self-control – Always behave

3) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
   • Axe kick – Back of the heel
   • High roundhouse kick – Top
   • Inside crescent kick – Inside edge of the foot
   • Outside crescent kick – Outside edge of the foot

4) HOME ADDRESS