

WARRIOR CODE TAEKWON-DO ACADEMY

ITFWARRIORS.COM 408.724.7122



Honor Respect Loyalty

REQUIREMENTS FOR THE BLACK STRIPE (TESTING FOR 1ST DEGREE)

In order to qualify for the 1st Degree, each applicant must meet the following criteria:

- 1) Must have a valid membership both with Warrior Code Taekwon-Do Academy & OTFA
- 2) Must have minimum 9 uninterrupted months of training with a minimum of 75 classes
- 3) Must have approval from one of the head instructors (either Mr. LeGrow or Ms. Tang)
- 4) Must have submitted the test application with payment at least 7-days before the test
- 5) Must have approved gear - purchased from Warrior Code Taekwon-Do Academy (*Sparring & Self-Defense*)
- 6) Must have participated in a sanctioned Tournament & Seminar since achieving Black Stripe.
- 7) Must be at least 10 years of age

PLEASE NOTE THAT THIS TEST TAKES PLACE OVER THREE DAYS (FRIDAY, SATURDAY & SUNDAY) & THESE TESTS CAN ONLY HAPPEN UP TO 3 TIMES PER YEAR!

A) PHYSICAL TEST:

Running Test	12-laps of a running track
Jump Rope	1000 jumps in 12 minutes
Push-Ups	5-Sets of 20 push-ups
Sit-Ups	5-Sets of 20 sit-ups
Deep Knee Bends	5-Sets of 20 Squats
Speed Kicks	5-Sets of 15 kicks each leg

B) FUNDAMENTAL ARM/HAND EXERCISES:

Walking Stance High Knife-hand Front Strike
Walking Stance High Reverse Knife-hand Front Strike
Sitting Stance Middle Outer Forearm Front Block
L-Stance Middle X-Knife-hand Checking Block
Must be able to perform all fundamental movements
(*White Belt to Black Stripe*)

C) FUNDAMENTAL KICKING EXERCISES:

Must be able to perform all Kicking movements
(*White Belt to Black Stripe*)

D) PATTERN(S):

Choong-Moo Tul (*Pattern Choong-Moo*)
ALSO - All Patterns white belt level

E) SPARRING:

3-Step Sparring #1 - #6
2-Step Sparring #1 - #6
1-Step Sparring #1 - #10
Free Sparring (1-on-1 – light contact)
Free Sparring (2-on-1 – light contact)

F) SELF-DEFENCE:

Randomly selected attacks from the curriculum
Take Down Sparring
Must be able to perform all self-defense drills
(*White Belt to Black Stripe*)

H) BREAKING:

3- Power Breaking Leg Techniques
2- Power Breaking Arm Techniques
2- Specialty Breaking Techniques
30-Second / 10-Board Challenge

I) ORAL TEST:

All Patterns & Belt Color Meanings
Theory of Power & Training Secrets
Instructor / Student Relationship

Cost of Exam: **\$375 per person** Make Cheques Payable to: **Warrior Code Taekwon-Do Academy LLC**