**Physical Requirements:**

1) **ATTENDANCE**
   A) Minimum of 30 classes

2) **KICKS**
   A) Skipping front leg side kick
   B) Skipping front leg axe kick
   C) Skipping front leg hook kick
   D) Skipping front leg double roundhouse kick
   E) All previous kicks

3) **HAND TECHNIQUES**
   A) Double middle knife hand block
   B) Palm block
   C) Palm rising block
   D) Spear hand strike
   E) All previous hand techniques

4) **STANCES**
   A) Back stance
   B) All previous stances

5) **FORM**
   A) Little Dragon Taegeuk Sa Jang

**Mental Requirements:**

1) **HOME RULES**
   - Be respectful to your parents, brothers, sisters, and pets
   - Keep your room clean
   - Put toys away after playing with them
   - Work hard in school

2) **KNOW HOW TO TIE YOUR BELT**

3) **WHAT ARE THE RULES OF THE DOJANG?**
   (see introduction section of the manual, page 8)

3) **KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK**
   - Double roundhouse kick – top of the foot
   - Skipping front leg roundhouse kick – top of the foot