

FITNESS

- ☐ 15 sec Push Ups
☐ 15 sec Sit Ups
☐ 15 sec Consc. Front Kicks

SPECIALTY KICKING**#1 Lead Leg**

- ☐ Front ☐ Side

#2 Rear Leg– Not Advancing

- ☐ Front ☐ Side

- ☐ Hooking Kick

SELF DEFENSE

- ☐ 1. Hook Punch
☐ 2. Straight Grab

☐ **-3- STEP SPARRING –ALONE-****1. Attack- 3X Obverse Middle Punch**

Walking Stance w/ Inner Forearm
 Middle-Side Block
 Reverse Middle Punch

☐ **PATTERN 4 Directional Punch****Educational Requirements**

-See requirement listed-

SPARRING - Demonstrate

- ☐ Jab/Cross
☐ Jab/Cross/Duck
☐ Jab/Cross, #2 Front Kick

FOCUS BREAK

- ☐ **ADULT** N / A
☐ **JUNIOR** N / A

EDUCATION TEST REQUIREMENT

- ☐ **How many moves in 4 Dir Punch?** 7
☐ **How many moves in 4 Dir Block?** 8

☐ **What are the colors of belts in order?**

White / Yellow / Green / Blue / Red / Black

☐ **Where is Taekwon-Do From?** Korea☐ **What does Taekwon-Do mean?**

Tae Kick, strike, attack, defend with the foot
 Kwon Punch, strike attack, defend with the hand
 Do The "art" and "way" of living.

☐ **What do the letters I.T.F. stand for?**

INTERNATIONAL TAEKWON-DO FEDERATION

☐ **Why do we bow?**

To show courtesy & respect

☐ **What are the tenets of Taekwon-Do?**

Courtesy Integrity Perseverance
 Self-Control Indomitable Spirit

☐ **When was TKD named the "official martial art of Korea"** April 11, 1955☐ **Who are the Master & Senior instructors at KARSTADT TAEKWON-DO"**

Grand Master David Karstadt

9th Degree Black Belt

Mr. Vern Devlin

5th Degree Black Belt

☐ **Kicks by number**

1. Lead Leg 3. Step Kick - Step Back
 2. Rear Leg 4. Jump Kick Advancing

☐ **What does a white belt represent?**

The beginner, innocence. One who has no previous knowledge of Taekwon-Do

☐ **Learn the Taekwon-Do Student Oath**

(Earn your Student Patch)

I shall observe the Tenets of Taekwon-Do.
 I shall respect the instructors and seniors.
 I shall never misuse Taekwon-Do.
 I shall be a champion of freedom & justice.
 I shall build a more peaceful world.

PATTERN REQUIREMENT - Patterns can be seen on line at www.usaunified.com

Count	Technique	Stance	Facing	Comment
Right 4 Directional Punch 7 Moves (Only Right Foot Steps)				
1.	R Middle Punch	Walking	D	Step Forward (R)
2.	L Low Block	Walking	B	Turn CCW 90' Step back (R)
3.	R Middle Punch	Walking	B	Step Forward (R)
4.	L Low Block	Walking	C	Turn CCW 90' Step back (R)
5.	R Middle Punch	Walking	C	Step Forward (R)
6.	L Low Block	Walking	A	Turn CCW 90' Step back (R)
7.	R Middle Punch	Walking	A	Step Forward (R)

Left 4 Directional Punch 7 Moves (Only Left Foot Steps)

1.	L Middle Punch	Walking	D	Step Forward (L)
2.	R Low Block	Walking	A	Turn CW 90' Step back (L)
3.	L Middle Punch	Walking	A	Step Forward (L)
4.	R Low Block	Walking	C	Turn CW 90' Step back (L)
5.	L Middle Punch	Walking	C	Step Forward (L)
6.	R Low Block	Walking	B	Turn CW 90' Step back (L)
7.	L Middle Punch	Walking	B	Step Forward (L)

END: Bring the left foot back to a ready posture.

Right 4 Directional Block 8 Moves (Only Right Foot Steps)

1.	L Knifehand Low Block	Walking	D	Step Back (R)
2.	R Inner Forearm Middle Block	Walking	D	Step Forward (R)
3.	L Knifehand Low Block	Walking	B	Turn CCW 90' Step back (R)
4.	R Inner Forearm Middle Block	Walking	B	Step Forward (R)
5.	L Knifehand Low Block	Walking	C	Turn CCW 90' Step back (R)
6.	R Inner Forearm Middle Block	Walking	C	Step Forward (R)
7.	L Knifehand Low Block	Walking	A	Turn CCW 90' Step back (R)
8.	R Inner Forearm Middle Block	Walking	A	Step Forward (R)

Left 4 Directional Block 8 Moves (Only Left Foot Steps)

1.	R Knifehand Low Block	Walking	D	
2.	L Inner Forearm Middle Block	Walking	D	
3.	R Knifehand Low Block	Walking	A	
4.	L Inner Forearm Middle Block	Walking	A	
5.	R Knifehand Low Block	Walking	C	
6.	L Inner Forearm Middle Block	Walking	C	
7.	R Knifehand Low Block	Walking	B	
8.	L Inner Forearm Middle Block	Walking	B	

END: Bring the left foot back to a ready posture.

