

Little Warrior Kids Taekwon-Do

\$10 Testing Fee

WHITE/YELLOW BELT LEVEL WITH YELLOW STRIPE

Minimum Requirement:

8 Classes & 4 Weeks Minimum

To Earn the Yellow Stripe, students must be able to perform:

Physical Test:

- 09 Laps of the school (16 lengths)
- 08 Laps around the shields (zigzag)
- 10 Proper Pushups
- 10 Proper Sit ups
- 10 Good Squats

Technical Test:

- Four Direction Block (*Left Side*)
- Back Break Fall (from kneeling position)

Oral Test:

Count from 1 to 10 in Korean
Recite the Student Oath

Four Direction Block (*Left Side*):

This pattern or form is very similar to Four Direction Punch with a few differences. The directions on how to perform the exercise is included in this package.

Counting to Five (*in Korean*):

1-Hana (one) 2-Dool (two) 3-Set (three) 4-Net (four) 5-Dasot (five)
6-Yosot (six) 7-Ilgop (seven) 8-Yodul (eight) 9-Ahop (nine) 10-Yol (ten)

Back Break Fall (*from a sitting position*):

The purpose of a break fall is to avoid injury when falling down. There are various types of break fall (front, back and side break falls). For the front break fall it is important NOT to land on the hands alone or you risk causing harm to your wrists. Below you will see a series of pictures demonstrating the technique:

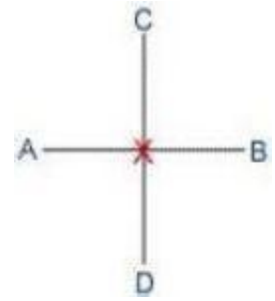


At the end of the fall the back of the head should not touch the floor!

How to Perform Four Direction Block (Left Side) :

Starting Position: **Parallel Ready Stance**

Number of Moves: **8 on the Right Side**



This Pattern is starting on the center of the diagram, facing D

- 1) Move the left foot back (to C), forming a Walking Stance facing D (with the right foot in front) while executing a Low Knife-hand Block to D with the right hand.
- 2) Step forward (moving the left foot) to D forming a Walking Stance facing D (with the left foot in front) while executing a Middle Inner Forearm Block to D with the left arm.
- 3) Bring the left foot in toward the right foot and turn to face A, then move the left leg back toward B to make a Walking Stance (with the right foot in front) while facing A to forming a Walking Stance (with the right foot in front) and perform a Low Knife-hand Block with the right hand.
- 4) Step forward (moving the left foot) to A forming a Walking Stance facing A (with the left foot in front) while executing a Middle Inner Forearm Block to A with the left arm.
- 5) Bring the left foot in toward the right foot and turn to face C, then move the left leg back toward D to make a Walking Stance (with the right foot in front) while facing C to forming a Walking Stance (with the right foot in front) and perform a Low Knife-hand Block with the right hand.
- 6) Step forward (moving the left foot) to C forming a Walking Stance facing C (with the left foot in front) while executing a Middle Inner Forearm Block to C with the left arm.
- 7) Bring the left foot in toward the right foot and turn to face B, then move the left leg back toward A to make a Walking Stance (with the right foot in front) while facing C to forming a Walking Stance (with the right foot in front) and perform a Low Knife-hand Block with the right hand.
- 8) Step forward (moving the left foot) to B forming a Walking Stance facing B (with the left foot in front) while executing a Middle Inner Forearm Block to B with the left arm.

THE HOME PRACTICE TEST #1

<u>Testing Requirement:</u>	<u>Great</u>	<u>Fair</u>	<u>Poor</u>	<u>Comments:</u>
PHYSICAL TESTING				
Running Test (8-Laps)				
Zigzag Running (7-Lap)				
Jump Rope (50-Jumps)				
Proper Pushups (9)				
Full Sit Ups (9)				
Deep Knee Bends (9)				
TECHNICAL TESTING				
Parallel Stance Middle Punch				
Walking Stance Middle Punch				
Walking Stance Low Forearm Block				
Walking Stance Low Knife-hand Block				
Walking Stance Middle Inner Forearm Block				
Four Direction Punch (right side)				
Four Direction Block (left side)				
Four Direction Block (right side)				
Four Direction Block (left side)				
Front Rising Kick				
Side Rising Kick				
Outward Crescent Kick				
Inward Crescent Kick				
Front Snap Kick				
SELF DEFENSE				
Wrist Release				
Front Break Fall				
Back Break Fall				
ORAL TESTING				
Student Oath				
Tenets of Taekwon-Do				
Korean Number 1-10				

THE HOME PRACTICE TEST #2

<u>Testing Requirement:</u>	<u>Great</u>	<u>Fair</u>	<u>Poor</u>	<u>Comments:</u>
PHYSICAL TESTING				
Running Test (8-Laps)				
Zigzag Running (7-Lap)				
Jump Rope (50-Jumps)				
Proper Pushups (9)				
Full Sit Ups (9)				
Deep Knee Bends (9)				
TECHNICAL TESTING				
Parallel Stance Middle Punch				
Walking Stance Middle Punch				
Walking Stance Low Forearm Block				
Walking Stance Low Knife-hand Block				
Walking Stance Middle Inner Forearm Block				
Four Direction Punch (right side)				
Four Direction Block (left side)				
Four Direction Block (right side)				
Four Direction Block (left side)				
Front Rising Kick				
Side Rising Kick				
Outward Crescent Kick				
Inward Crescent Kick				
Front Snap Kick				
SELF DEFENSE				
Wrist Release				
Front Break Fall				
Back Break Fall				
ORAL TESTING				
Student Oath				
Tenets of Taekwon-Do				
Korean Number 1-10				