

The White Belt with Blue Stripe Level

\$10 Testing Fee

Minimum number of classes & weeks:

8 Classes Minimum & 4 Weeks Minimum

To Earn the Blue Stripe, you must be able to perform the previous level's Technical Test plus:

Physical Test:

- 05 Laps of the school (10 lengths)
- 04 Laps around the cones (zigzag)
- 6 Proper Pushups
- 6 Proper Sit ups
- 6 Good Squats

Technical Test:

- Four Direction Punch (Left Side)
- Inward Crescent Kick

Oral Test:

Line #1, 2 & #3 of the Student Oath
Recite the Tenets of Taekwon-Do

Other Requirements:

- The student must complete 2-Practice Tests with their parent at home (*on different days*)

Four Direction Punch (left side):

The directions on how to perform the exercise is located at the back of this package.

Outward Crescent Kick:

This kick travels in a circular motion and has two main purposes:

- 1) For Blocking an attack to the front
- 2) Warming up and stretching

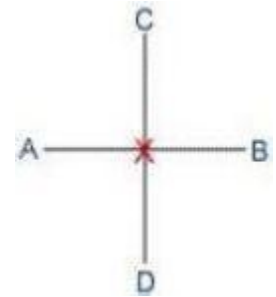
The tool for this kick is the inside of the foot



How to Perform Four Direction Punch (Left Side) :

Starting Position: **Parallel Ready Stance**

Number of Moves: **7 on the Left Side**



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

- 1) Move the left foot to D, forming a left walking stance facing D while executing a middle punch to D with the left fist.
- 2) Move the left foot to B forming a right walking stance facing A while executing a low outer fore-arm block to A with the right arm
- 3) Move the left foot to A forming a left walking stance facing A while executing a middle punch to A with the left fist
- 4) Move the left foot to D forming a right walking stance facing C while executing a low outer forearm block to C with the right arm
- 5) Move the left foot to C forming a left walking stance facing C while executing a middle punch to C with the left fist
- 6) Move the left foot to A forming a right walking stance facing B while executing a low outer forearm block to B with the right arm
- 7) Move the left foot to B forming a left walking stance facing B while executing a middle punch to B with the left fist

THE HOME PRACTICE TEST #1

Date: _____

<u>Testing Requirement:</u>	<u>Great</u>	<u>Fair</u>	<u>Poor</u>	<u>Comments:</u>
PHYSICAL TESTING				
Running Test (5-Laps)				
Zigzag Running (4-Lap)				
Proper Pushups (6)				
Full Sit Ups (6)				
Deep Knee Bends (6)				
TECHNICAL TESTING				
Walking Stance Punch & Low Block				
Four Direction Punch (Both Sides)				
Front Rising & Side Rising Kicks				
Outward & Inward Crescent Kick				
ORAL TESTING				
Student Oath Line #1, #2 & #3				
Tenets of Taekwon-Do				

THE HOME PRACTICE TEST #2

Date: _____

<u>Testing Requirement:</u>	<u>Great</u>	<u>Fair</u>	<u>Poor</u>	<u>Comments:</u>
PHYSICAL TESTING				
Running Test (5-Laps)				
Zigzag Running (4-Lap)				
Proper Pushups (6)				
Full Sit Ups (6)				
Deep Knee Bends (6)				
TECHNICAL TESTING				
Walking Stance Punch & Low Block				
Four Direction Punch (Both Sides)				
Front Rising & Side Rising Kicks				
Outward & Inward Crescent Kick				
ORAL TESTING				
Student Oath Line #1, #2 & #3				
Tenets of Taekwon-Do				