

Taekwondo – Gup 10
Requirements to go from White -> White/Yellow-tip

Techniques

Blocks

- Low Block
- Inside-outside Block
- Rising Block

Stances

- Front Stance
- Back Stance
- Attention
- Chun-bi
- Choki-chun-bi

Kicks

- Raising Kick
- Crescent Kick (inside and outside)
- Front Kick
- Round House Kick
- Side Kick
- Back Kick

Demonstrate Basic Stretching/Warm-up Exercises

Chinese Splits

American Splits

Half Hurtle

(4 more of your choice)

Perform at least one method of Belt-tying

Written Test

Attendance Record - You are responsible to enter the dates you attended class below. You are eligible to take your test after this attendance sheet is full.
