



Tiny Kwon-do Dragons Grading Check List
White Belt Purple Stripe to White Belt Orange Stripe

To be eligible to grade you must be able to perform the entire following checklist completely without instruction.

All of the information relevant to this grading can be found in the grading syllabuses for white belt to white belt purple stripe

Please complete the checklist and return to your instructor to allow him/her to fully assess if you are ready to be entered for the next grading.

I know everything from all of the previous grading syllabuses/checklists	
Attention stance, raise your right hand, say your name and grade (loud and clear)	
Sitting stance, double punch and kihap	
5 treble punches, 1 high, 1 middle, 1 low	
Axe kick, walking ready stance	
Saju Jirugi (4 directional punching) – punch and low block	
Special technique – jumping side kick	
I know attention stance in Korean	
I know sitting stance in Korean	
I know parallel ready stance in Korean	

Students Signature: _____

Instructors Signature: _____

Date: _____