



Tiny Kwon-do Dragons Grading Check List
White Belt Red Stripe to White Belt Blue 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 red 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)	
Parallel ready stance	
Sitting stance	
Sitting stance, 5 double punches (counting each one in Korean)	
Walking ready stance (correct width & length)	
Walking ready stance, snap kick, double block (5 times)	
Moving forwards & backwards, walking stance, single punch	
Moving forwards & backwards, walking stance, middle block	
Moving forwards & backwards, walking stance, low block	
Moving forwards & backwards, walking stance, rising block	
Special technique – reaction – from a sitting stance I can block an object high, middle & low – this will be at random to test reaction skills	
I know what Tae Kwon-do means	
I know the 5 tenets of Tae Kwon-do	

Students Signature: _____

Instructors Signature: _____

Date: _____