



Tiny Kwon-do Dragons Grading Check List
White Belt Blue Stripe to White Belt Green 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 blue 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, 5 double punches	
Walking ready stance, turning kick, double block	
Moving forwards & backwards, walking stance, low block and rising block (both with the same arm)	
Moving forwards & backwards, L stance, knife hand strike (chop)	
L stance, snap kick (rear leg), guarding block	
L stance, snap kick (front leg), guarding block	
Special technique – self-defence reaction strike. On my command you must strike three targets (round pads) with a punch, a strike or a kick and return to guarding position	
I know the Korean word for block	
I know the Korean word for punch	
I know the Korean word for stance	

Students Signature: _____

Instructors Signature: _____

Date: _____