



Tiny Kwon-do Dragons Grading Check List
White Belt to White Belt Red 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.

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.

Attention stance	
Raise your right hand, say your name and grade (loud and clear)	
Parallel ready stance	
Sitting stance	
Sitting stance, 5 single punches (counting each one in Korean)	
Sitting stance, 5 rising blocks	
Sitting stance, 5 middle blocks	
Sitting stance, 5 low blocks	
Special technique – balance – rising kick, double block (5 times)	
Special technique – strength – I can lift my own body weight – 5 press ups	
I know my instructor’s name and grade	
I know where Tae Kwon-do comes from	
I know what white means	

Students Signature: _____

Instructors Signature: _____

Date: _____