



Tiny Kwon-do Dragons Grading Check List
White Belt Green Stripe to White Belt Purple 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 green 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 counting to five	
Walking ready stance, side kick, double block	
Moving forwards & backwards, walking stance, low block and reverse punch	
Moving forwards & backwards, walking stance, middle block and reverse punch	
L stance, snap kick, guarding block	
L stance, side kick, guarding block	
Special technique – board breaking power kick	
I can count to 5 in Korean	
I know what TSX stands for	
I know the name of the founder of Tae Kwon-do	

Students Signature: _____

Instructors Signature: _____

Date: _____