

# Student Promotion Qualifier Card – Gold 1

Name: \_\_\_\_\_ Emergency Contact/#: \_\_\_\_\_  
 Start Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Renewal Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Basic Membership \_\_\_\_\_ Black Belt Club \_\_\_\_\_  
 \_\_\_\_\_ Tournament \_\_\_\_\_ Referral \_\_\_\_\_ Academic Achievement \_\_\_\_\_ Report Card \_\_\_\_\_ Chore List \_\_\_\_\_

Requirement	1st	2nd	Tip	3rd	4th	Comments
1. Basic Movements (Gi Cho):						
1. Horse & Back Stances						
2. I/O Block; Side Block						
3. O/I Block						
4. Center & High Punch						
5. Horse stance Punch						
6. Side, Hook, & O/I Kicks						
2. Hyung: Gi Cho Hyung Il Bu						
3. One-Step #2						
4. Sparring Combo #2						
5. Self-Defense (Cross #2)						
6. Breaking						
7. Terminology 11-20						
11. Attention						
12. Bow to Flag						
13. Return						
14. Bow						
15. Low Block						
16. Front Snap Kick						
17. Courage						
18. Uniform/Belt						
19. Seniors						
20. Juniors						
8. Essay (1 page, typed)						

## Attendance

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16