

Student Promotion Qualifier Card – Gold 2

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 #3						
4. Sparring Combo #3						
5. Self-Defense (Cross #3)						
6. Breaking						
7. Terminology 21-30						
21. Ready Stance						
22. Front Stance						
23. Back Stance						
24. Horse Stance						
25. High Block						
26. Inside/Outside Block						
27. Outside/Inside Block						
28. Side Block						
29. Front Push Kick						
30. Side Kick						
8. Essay (1-2 pages, typed)						

Attendance

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