

Blue Stripe Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taegeuk 4 - Sah Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Streak 30	<input type="checkbox"/>	<input type="checkbox"/>			
Side Splits	<input type="checkbox"/>	<input type="checkbox"/>			
Front Splits	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Counter Front-Leg Kicks (FK,AK,RK,SK,DK)	<input type="checkbox"/>	<input type="checkbox"/>			
Cut Front-Leg Kicks (FK,AK,RK,SK,DK)	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Theme "Perseverance"	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - Combination Round Kick, Back Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring	<input type="checkbox"/>	<input type="checkbox"/>			