

Grading Requirements - Junior levels

For YELLOW to HIGH RED	For GREEN TO HIGH BLUE	For BROWN TO JUNIOR BLACK
Listening positions:1 ~ 4	Listening positions 1-4	Listening positions 1-4
Attn stance > Horse stance > Switch x 10	Attn stance > Horse stance > Switch x 15	Attn stance > Horse stance > Switch x 20
Jumping-jacks 10	Jumping-jacks 15	Jumping-jacks 20
Skip the line: back.n.forth & side.to.side 10	Skip the line: back.n.forth & side.to.side 15	Skip the line back.n.forth & side.to.side 20
Squats 10	Squat-kicks 10	Squat-kicks x 20
Superman push-ups - 10	Superman push-ups - 20	Superman push-ups - 30
Flexibility		
Roll back - toes down to floor	Roll back - toes down to floor	Roll back - ball of feet to the floor
Splits	Splits	Splits - elbows in line with toes
Technique		
Balloon Game: Punch or Kick x 10	Balloon game: Kick and Punch x 10	Balloon game: Kick only x 10
Jab > reverse punch	Jab > reverse punch	Triple-punch combo
High block > reverse punch	High block > reverse punch	Gedanbarai - Low block
	Triple punch combo	High block > reverse punch
	Step reverse punch	Step reverse punch
		Front kick > reverse punch
Special content of the term? - [ask Sensei]	Special content of the term? - [ask Sensei]	Special content of the term? [ask Sensei]
Stripes: To have earned at least one black stripe		

winners never quit. quitters never win