



CREIGHTON'S TAEKWON-DO

UNDER THE LEADERSHIP OF GRAND MASTER S. CREIGHTON – IX DAN




Teaching Requirements


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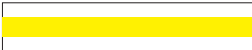
	<p>Bow when entering and leaving the Do-Jang/ Training area. Say "Taekwon" when bowing to all Instructors' Say "Ne Sabonim" and "Aniyo Sabonim" to all black belts when answering any questions. Perform attention stance Perform parallel ready stance. Name of all the Instructors. Make a proper fist and perform a left and right front punch in a stationary position. Perform a left and punch in a spot position. "For spot technique you must start from a parallel ready stance". Perform a left and right walking stance wedging block in a stationary position with the right and left leg. Perform a left and right walking stance wedging block in a spot position.</p>
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	<p>Need to perform all techniques from previous tests. Walking stance punch forward and backward. Walking stance wedging block, moving forward and backwards. Turn around from a walking stance while performing a walking stance wedging block. Walking stance wedging block, performing a front snap kick in a stationary position (left and right side). Walking stance wedging block, performing a front snap kick in a spot position (left and right side).</p>
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	<p>Need to perform all techniques from previous tests. Walking stance wedging block performing a front snap kick by moving forward. Turn around from a walking stance wedging block (left and right leg). Walking stance wedging block performing a front snap kick by going the other direction. Turn around and fix your Dobok/Uniform. Walking stance low block in a stationary position (left and right side). Walking stance low block in a spot position (left and right side). Walking stance low block forward and backward. Walking stance low block forward, turn around and do the same in the other direction.</p>
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	<p>Need to perform all techniques from previous tests. Change direction from a sitting stance while performing a wedging block. Sitting stance wedging block forward and backwards. Sitting stance wedging block, performing a side kick with left and right leg and moving forward and backward. Sitting stance wedging block, performing a turning kick with left and right leg. Walking stance low block forward and backwards. Walking stance inner forearm middle side block in a stationary position (left and right side). Walking stance inner forearm middle side block in a spot position (left and right side).</p>
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<p></p> <p>Requirements: Red Stripe to Gray Belt</p>	<p>Need to perform all techniques from previous tests.</p> <p>Walking stance inner forearm guarding block forward and backwards.</p> <p>What is the meaning of “four directional punch”.</p> <p>What is the meaning of “four directional block”.</p> <p>How many movements are in four directional punch.</p> <p>How many movements are in four directional block.</p> <p>Perform four directional punch one side only.</p> <p>Perform four directional block one side only.</p>
<p></p> <p>Requirements: Gray Belt to Yellow Stripe</p>	<p>Need to perform all techniques from previous tests.</p> <p>Perform four directional punch both sides.</p> <p>Perform four directional block both sides.</p> <p>Tie the belt independently.</p> <p>Three step sparring number 1 only.</p> <p>Name of the Head Instructor of Woodbridge Taekwon-Do.</p> <p>Name of the founder of Taekwon-Do.</p> <p>What year, month and day was Taekwon-Do founded?</p> <p>Where was Taekwon-Do founded?</p> <p>What year was Woodbridge Taekwon-Do established?</p> <p>What degree is the Head Instructor of Woodbridge Taekwon-Do?</p> <p>How is the Head Instructor to be addressed at all times?</p> <p>3-Step Sparring #1</p> <p>A.- Start with right walking stance, right middle punch, and move forward three times.</p> <p>D.- Left walking stance with left inner forearm block, and move backwards three times.</p> <p>C.- Right reverse punch – stationary</p>