



# DRAGON WHITE TO **YELLOW**

## TIP TEST REQUIREMENTS

Name: \_\_\_\_\_

Do the activities on the list each month. Get an instructor to sign off on it. When the chart is done, ***and you have enough training hours (16)***, you are ready to receive your Dragon Yellow Belt.

### *White to Yellow Requirements*

Requirement	Month 1	Month 2	Month 3
Choong Be Challenge (20 sec)			
Kee Ma Ja Seh Challenge (5 sec)			
Star Block Set, Following			
Jumping Jacks (Practice, following: 5)			
Bean Bag Challenge (5 either leg)			
Count to 5 in Korean (Hana, Tul, Set, Net, Tasot)			
What does Tang Soo Do mean?			
Bow as you enter & leave dojang / mat			

***NOTES:***