



DRAGON BLUE TO GREEN

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 (24)*, you are ready to receive your Dragon Green Belt.

Blue to Green Requirements

Requirement	Month 1	Month 2	Month 3
Choong Be Challenge (60 sec)			
Kee Ma Ja Seh Challenge (25 sec)			
Star Block Set, Korean Words			
Jumping Jacks (5 alone, no errors)			
Bean Bag Challenge (12 each leg)			
Round kick, defensive			
Count to 19 in Korean			
What is Low Block in Korean?			
What is High Block in Korean?			
Protocol: turn around to fix uniform.			

NOTES: