

LITTLE DRAGONS (AGES 4-6)**WHITE BELT***(Testing White to Yellow)***Physical Requirements:**

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|---|--|
| 1) KICKS
A) Rising kick
B) Front snap kick
C) Roundhouse kick
D) Side kick | 3) STANCES
A) Attention stance
B) Ready stance
C) Shoulder stance
D) Fighting stance
E) Horse riding stance
F) Front stance
G) Listening stance |
| 2) HAND TECHNIQUES
A) High block
B) Middle inner block
C) Low block
D) Middle punch | 4) FORM
A) Little Dragon Oren Saju Jirugi
(4 punches and 4 blocks) |

Mental Requirements:

- 1) COUNT FROM 1 TO 5 IN KOREAN
 - One – Hana
 - Two – Dule
 - Three – Set
 - Four – Net
 - Five – Dasot
- 2) TENETS OF TAEKWONDO
 - Courtesy
 - Integrity
 - Perseverance
 - Indomitable spirit
 - Self-control
- 3) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
 - Rising kick – Back of the heel
 - Front snap kick – Ball
 - Roundhouse kick – Top
 - Side kick – Bottom of the heel
- 4) PHONE NUMBER
 - Home phone number or parents' cell phone number(s)