

**LITTLE DRAGONS (AGES 4-6)****ORANGE BELT***(Testing Orange to Green)***Physical Requirements:**

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|---------------------------------|-----------------------------------|
| 1) KICKS | 3) STANCES |
| A) Push kick | A) All previous stances |
| B) Back kick | |
| C) Jumping side kick | 4) FORM |
| D) All previous kicks | A) Little Dragons Taegeuk Yi Jang |
| 2) HAND TECHNIQUES | 5) BOARD BREAKING |
| A) High Punch | A) Push kick |
| B) All previous hand techniques | |

Mental Requirements:

- 1) WHY DO YOU BOW?
 - To show respect. SIR/M'AM!

- 2) WHEN DO YOU BOW?
 - We bow when we enter and exit the school
 - We bow to the flags when we enter and exit the Dojang (training area)
 - We bow to the Masters, Instructors, and all black belts anytime and anywhere we see them

- 3) COUNT 11-20 IN KOREAN
 - Eleven - Yul hana
 - Twelve - Yul dule
 - Thirteen - Yul set
 - Fourteen - Yul net
 - Fifteen - Yul dasot
 - Sixteen - Yul yoset
 - Seventeen - Yul il gob
 - Eighteen - Yul yo dul
 - Nineteen - Yul ahop
 - Twenty - Sumul

- 4) KNOW AND SHOW RIGHT AND LEFT

- 5) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
 - Push kick - Bottom of the heel
 - Back kick - Bottom of the heel
 - Jumping side kick - Bottom of the heel