

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

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- 1) KICKS
  - A) Spinning hook kick
  - B) Butterfly kick
  - C) Jumping front kick
  - D) All previous kicks
  
- 2) HAND TECHNIQUES
  - A) Knife hand neck strike
  - B) Single middle knife hand block
  - C) All previous hand techniques
  
- 3) STANCES
  - A) All previous stances
  
- 4) FORM
  - A) Little Dragon Taegeuk Sam Jang

**Mental Requirements:**

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- 1) WHY DO YOU YELL IN TAEKWONDO?
  - To show power, focus, and confidence. SIR/M'AM!
  
- 2) TAEKWONDO OATH
  - I will observe the Tenets of Taekwondo
  - I will respect my instructors and seniors
  - I will never misuse Taekwondo
  - I will help build a more peaceful world
  - I will be a champion of freedom and justice
  
- 3) COUNT TO 40 IN KOREAN
  - 30 Sarun
  - 40 Mahun
  
- 4) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
  - Spinning hook kick - back of the heel
  - Butterfly kick - top of the foot
  - Jumping front kick - ball