

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

- 1) KICKS
 - A) Double roundhouse kick
 - B) Skipping front leg roundhouse kick
 - C) All previous kicks

- 2) HAND TECHNIQUES
 - A) Double middle knife hand block
 - B) Palm block
 - C) Palm rising block
 - D) Spear hand strike
 - E) All previous hand techniques

- 3) STANCES
 - A) Back stance
 - B) All previous stances

- 4) FORM
 - A) Little Dragon Taegeuk Sa Jang

Mental Requirements:

- 1) HOME RULES
 - Be respectful to your parents, brothers, sisters, and pets
 - Keep your room clean
 - Put toys away after playing with them
 - Work hard in school

- 2) KNOW HOW TO TIE YOUR BELT

- 3) WHAT ARE THE RULES OF THE DOJANG?
(see introduction section of the manual, page 8)

- 3) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Double roundhouse kick – top of the foot
 - Skipping front leg roundhouse kick – top of the foot