



# Little Dragons (ages 4-7)

## \*White Belt

- 1) Kicks
  - a) Front kick
  - b) Roundhouse kick
  - c) Side kick
- 2) Blocks
  - a) High block
  - b) Low block
  - c) Middle block
- 3) Strikes
  - a) Front punch
  - b) Reverse punch
  - c) Uppercut
  - d) Hook punch
- 4) Stances
  - a) Attention Stance
  - b) Ready Stance
  - c) Fighting Stance
  - d) Front stance
- 5) Strength test - 5 push ups - good form
- 6) Board breaking - Front kick
- 7) Form - Oren Saju Jirugi (4 punches and 3 down blocks)
- 7) Count from 1 to 5 in Korean
  - a) One - Hana
  - b) Two - Dule
  - c) Three - Set
  - d) Four - Net
  - e) Five - Dasot
- 8) Recite the Tenets of Taekwondo
  - a) Courtesy
  - b) Integrity
  - c) Perseverance
  - d) Indomitable spirit
  - e) Self - control

\*Must remember all previous Kicks, Blocks, Strikes, Stances, Self Defense and Form