



Little Dragons (ages 4-7)

*Yellow Belt

- 1) Kicks
 - a) Axe kick
 - b) Inside crescent
 - c) Outside crescent
 - d) Jumping front kick
- 2) Strikes
 - a) Hammer fist
 - b) Back fist
 - c) Elbow
- 3) Stances
 - a) Walking stance
- 4) Strength test - 10 push ups - good form
- 5) Board breaking - Axe kick
- 6) Form - Taegeuk Il Jang
- 7) Count from 1 to 10 in Korean
 - a) One - Hana
 - b) Two - Dule
 - c) Three - Set
 - d) Four - Net
 - e) Five - Dasot
 - f) Six - Yosot
 - g) Seven - Il gob
 - h) Eight - Yo dul
 - i) Nine - Ahop
 - j) Ten - Yul
- 8) Recite the meanings of the Tenets of Taekwondo
 - a) Courtesy - Be nice to others
 - b) Integrity - Do not lie
 - c) Perseverance - Never give up
 - d) Indomitable spirit - Don't get sad when things don't go your way
 - e) Self-control - Control your thoughts, words and actions.

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