



Little Dragons (ages 4-7)

*Orange Belt

- 1) Kicks
 - a) Push kick
 - b) Skip Side Kick
 - c) Double round kick
- 2) Strikes
 - a) Back elbow
 - b) Palm strike
 - c) Knife hand strikes
- 3) Strength test - 15 push ups - good form
- 4) Form - Taegeuk Yi Jang
- 5) Board breaking - Skip Side Kick
- 6) Why do you bow?
 - a) To show respect Sir/Ma'am!
- 7) When do you bow?
 - a) We bow when we enter and exit the Dojang (training area)
 - b) We bow to the flags when we enter and exit the Dojang (training area)
 - c) We bow to the Masters, Instructors, and all black belts anytime and anywhere we see them.
- 8) Count 11-20 in Korean
 - a) Eleven - Yul hana
 - b) Twelve - Yul dule
 - c) Thirteen - Yul set
 - d) Fourteen - Yul net
 - e) Fifteen - Yul dasot
 - f) Sixteen - Yul yosot
 - g) Seventeen - Yul il gob
 - h) Eighteen - yul yo dul
 - i) Nineteen - Yul ahop
 - j) Twenty - Sumul

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