



Little Dragons (ages 4-7)

*Green Belt

- 1) Kicks
 - a) Back kick
 - b) Hook Kick
 - c) Spinning hook kick
- 2) Stances
 - a) Back Stance
- 3) One Steps - Hand Techniques (opponent steps forward with right foot and right hand punch)
 - a) Left hand outer block while moving right foot out into a horse stance, then right hand high punch
 - b) Left hand outer block, move in with right elbow
 - c) Right hand outer block while moving left foot out into a horse stance, left hand middle punch
 - d) Left hand high block while stepping back with right foot, then step forward with right foot, palm strike right hand high
- 4) Strength test - 20 push ups - good form
- 5) Board breaking - Back kick
- 6) Form - Taegeuk Sam Jang
- 7) Why do we kihap (yell) in Taekwondo?
 - a) To show power, focus and confidence Sir/Ma'am!
- 8) Recite the Taekwondo Oath
 - a) I will observe the tenets of Taekwondo
 - b) I will respect my instructors and seniors
 - c) I will never misuse Taekwondo
 - d) I will help build a more peaceful world
 - e) I will be a champion of freedom and justice
- 9) Count to 30 in Korean - Sarun

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