



# Little Dragons (ages 4-7)

## \*Purple Belt

- 1) Kicks
  - a) Butterfly kick
  - b) Step butterfly
  - c) Backwards butterfly kick
- 2) One Steps - Leg techniques (opponent steps forward with right foot and right hand punch)
  - a) Left hand outer block while moving right foot out into horse stance then left foot round kick
  - b) Right hand outer block while moving left foot out into horse stance then right foot round kick to midsection
  - c) Slide back with the right foot back dodging the punch, then skip side kick with the left foot to midsection
  - d) Slide back with the left foot back then butterfly kick with the right foot midsection or high
- 3) Strength test - 25 push ups - good form
- 4) Board Breaking - Spinning Hook Kick
- 5) Form - Taegeuk Sa Jang
- 6) Home Rules
  - a) Be respectful to your parents, siblings and pets
  - b) Keep your room clean
  - c) Put away toys after playing with them
  - d) Work hard in school
- 7) Know how to tie your belt
- 8) Know the rules of the Dojang (see printout)
- 9) Count to 40 in Korean - Mahun.

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