

Children 6 and Under

(and others with special needs or extenuating circumstances)

These techniques/strikes must be done in order (yellow, green, blue)

1st Stripe = Yellow

Line Techniques:

A. Hand Techniques:

- a. **Sitting stance** center section punch
 - i. **Annun sogi** kaunde jirugi
- b. **Walking stance** obverse center section punch
 - i. **Gunnun so** nakaunde ap jirugi
- c. **Walking stance** low block with the outer forearm
 - i. **Gunnun sogi** najunde makgi bakat palmok
- d. **L-stance** middle block with the inner forearm
 - i. **Niunja sogi** nakaunde bakuro makgi bakat palmok

B. Foot Techniques:

- a. **L-stance** front (snap) kick
 - i. **Niunja sogi** apcha busigi
- b. **L-stance** lead leg side (piercing) kick (*)
 - i. **Niunja sogi** ap yopcha jirugi

C. Combinations:

- a. **Sitting stance** 1-2 punch
 - i. **Annun sogi** hana, dool jirugi

(*) = Change Stance

Target Techniques:

- A. Sitting Stance Punch

2nd Stripe = Green

Exercise(s):

- A. Right Four Direction Punch

Sparring:

- A. Step Sparring: Blocking Drills, Attacks, Blocks

Hol Sin Sul (Self Defense):

- A. Break Fall
 - a. Back fall from a squatting position

3rd Stripe = Blue

Exercises:

- A. Left Four Direction Punch

Balance Techniques:

- A. One leg stance (30 seconds)

Sparring:

- A. Belt (Rope) Sparring

Hol Sin Sul:

- A. Side Fall from a squatting position
- B. Release from a single hand grab

History:

Oral test given by judge; On Study Guide (Definition of Taekwon-Do, Belt Colors, Technical detail, and Counting)

(Should be able to do this 3 to 5 months into program)

Rank Requirements
10th Gup White to 10th Gup to 1 Stripe White
 (Green Group)

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(Used for approximate ages of 7-8 or other individuals
 with special needs or extenuating circumstances)

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Exercise:

Left and Right 4 Direction Punch

Line Techniques/Motions:

Techniques will be listed by **stance**, **technique**, height, then **tool**, in English, then Korean

* = requires jump change

1. **Sitting stance** center section **punch**
 - a. **Annun sogi** kaunde **jirugi**
2. **Walking stance** obverse center section **punch**
 - a. **Gunnun sogi** kaunde **baro jirugi**
3. **Walking stance** low block with the **outer forearm**
 - a. **Gunnun sogi** **bakat palmok** najunde **makgi**
4. **L-stance** middle block with the **inner forearm**
 - a. **Niunja sogi** **an palmok yobap** kaunde **makgi**
5. **L-stance** middle guarding block (with the **forearm**)
 - a. **Niunja sogi** **palmok** kaunde **daebi makgi**
6. **L-stance** front (snap) kick
 - a. **Niunja sogi** **apcha busigi**
7. **L-stance** lead leg side (piercing) kick*
 - a. **Niunja sogi** **ap dari yopcha jirugi**
8. **Sitting stance** one, two punch
 - a. **Annun sogi** **hana, dool jirugi**
9. **Fighting stance**, reverse punch
 - a. **Mot sogi**, **bandae jirugi**

Balance Techniques:

1. **One leg stance** (lifted foot in front kick position, 30 seconds each leg)

Target Techniques:

1. **Sitting stance**, punch

Force Shield Techniques: (none)

Self Defense (Hosin Sul)

Release:

1. **Single hand grab** same side
2. **Single hand grab**, opposite side

Break Falls:

1. **Break fall** to back from a squatting position (get up in left and right figure 4)
2. **Side fall** from a squatting position (get up in left figure 4)

Rank Requirements

Step Sparring:

Beginner 1 step

1. **Attack:** Step forward into a right walking stance, right obverse center section punch
Defense: Step back into a right L-stance, executing a middle block with the left inner forearm. **Counter attack:** Step right into a sitting stance, parallel to your opponent, execute a right center section punch
2. **Attack:** Step forward into a right walking stance, executing a right obverse center section punch. **Defense:** Step back into a right L-stance executing a middle block with the left inner forearm. **Counter attack:** Step right into a right sitting stance, parallel to your opponent, and execute a right center section punch, a left low punch, and a right high punch (perform in a continuous motion)

Free Sparring:

- Belt/Rope sparring

New Terms:

English	Korean	English	Korean
Eight	Ya-dul	Obverse punch	Baro jirugi
Fighting stance	Mot sogi	One	Hana
Five	Ta-set	Punch	Jirugi
Four	Net	Seven	Il-gup
Front	Ap	Side kick	Yopchagi
Front snap kick (front kick)	Apcha busigi	Side piercing kick	Yopcha jirugi
Guarding block	Daebi makgi	Sitting stance	Annun sogi
Inner forearm	An palmok	Six	Ya-set
Leg	Dari	Ten	Yol
Low block with the forearm/Forearm low block	Palmok najunde makgi	Three	Set
L-stance	Niunja sogi	Two	Dool
Middle/center	Kaunde	Walking stance	Gunnun sogi
Nine	A-hop (a-hope)		

Rank Requirements

History:

Oral test given by judge on technique, and history included below:

- Name the tenets of TKD
 - What do the tenets of Taekwon-Do mean?
- Name of your instructor and their rank
- Who is Mrs. Shirley's instructor?
- Who is head of Maum Sin Yong?
- Where is Taekwon-Do from?
- Count to 10 in Korean
- What are the colors of the belts (in order)?
- Know any bolded "New terms" listed above

Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23 (careful, there is a similar user name; make sure you get the correct one). Go to the "Classes" tab and select the Beginner Class – Green Group. Information is also posted on www.nocoinnaetkd.com under the resources tab.

****Please note that a student's ability to correctly perform the required technique is only one consideration in determining the student's readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the class or head instructor. Also, please keep in mind that asking to test for rank (whether parents or students) is considered disrespectful and may postpone a student's test.*

Rank Requirements
10th Gup White to 9th Gup High White
 (Orange Group)

(Used for approximate ages of 9-14 or other individuals
 with special needs or extenuating circumstances)

Exercises:

Left and Right 4 Direction Punch, Left and Right 4 Direction Block

Line Techniques/Motions:

Techniques will be listed by **stance**, **technique**, height, then **tool**, in English, then Korean
 * = requires jump change

1. **Sitting stance** center section **punch**
 a. **Annun sogi** kaunde jirugi
 2. **Walking stance** obverse center section **punch**
 a. **Gunnun sogi** kaunde baro jirugi
 3. **Walking stance** low **block** with the **outer forearm**
 a. **Gunnun sogi** **bakat palmok** najunde makgi
 4. **L-stance** middle **block** with the **inner forearm**
 a. **Niunja sogi** **an palmok yobap** kaunde makgi
 5. **L-stance** middle **guarding block** (with the **forearm**)
 a. **Niunja sogi** **palmok** kaunde daebi makgi
 6. **L-stance** front (snap) **kick**
 a. **Niunja sogi** apcha busigi
 7. **L-stance** lead leg side (piercing) **kick***
 a. **Niunja sogi** ap dari yopcha jirugi
 8. **Sitting stance** one, two **punch**
 a. **Annun sogi** hana, dool jirugi
 9. **Fighting stance**, reverse **punch**
 a. **Mot sogi**, bandae jirugi
10. **Walking stance** low **block** with the **knife-hand**
 a. **Gunnun sogi** **sonkal** najunde makgi
 11. **Walking stance** inward **block** with the **outer forearm**
 a. **Gunnun sogi** anuro **bakat palmok** makgi
 12. **L-stance** side **strike** with the **knife-hand**
 a. **Niunja sogi** **sonkal** yop taerigi
 13. **L-stance** lead leg front (snap) **kick***
 a. **Niunja sogi** ap dari apcha busigi
 14. **L-stance** front **kick** with the **knee**
 a. **Niunja sogi** **moorup** apcha busigi
 15. **Jump change** (by command)
 a. **Ba qua**

Rank Requirements

16. **L-stance, 1-2 punch** (sparring style)
 - a. **Niunja sogi, Hana-dool jirugi** (matsogi)
17. **L-stance slide** (forward, backward, left and right)*
 - a. **Niunja sogi mikulgi** (apuro, dwiro, wen, oren)

Balance Techniques:

1. **One leg stance** (lifted foot in front kick position, 30 seconds each leg)
2. **Four part front kick** (by count)

Target Techniques:

1. **Sitting stance, punch**
2. **Front kick**
3. **Walking stance punch**

Force Shield Techniques:

1. **Sitting stance punch**

Self Defense (Hosin Sul)

Release:

1. **Single hand grab same side**
2. **Single hand grab, opposite side**
3. **Single lapel grab**

Break Falls:

1. **Break fall to back** from a squatting position (get up in left and right figure 4)
2. **Side fall** from a squatting position (get up in left figure 4)
3. **Front Fall** from a squatting position

Step Sparring:

Compulsory Step Sparring Routines

1. **Attack:** Step forward into a right walking stance, right obverse center section punch. **Defense:** Step back into a right L-stance, executing a middle block with the left inner forearm. **Counter attack:** step right into a sitting stance, parallel to your opponent, execute a right center section punch
2. **Attack:** Step forward into a right walking stance, executing a right obverse center section punch. **Defense:** Step back into a right L-stance executing a middle block with the left inner forearm. **Counter attack:** step right into a right sitting stance, parallel to your opponent, and execute a right center section punch, a left low punch, and a right high punch (perform in a continuous motion).

Compulsory Step Sparring Routines

3. **Attack:** Step forward into a right walking stance, executing a right obverse center section punch. **Defense:** Step back into a right L-stance executing a left middle block with the inner forearm. **Counter attack:** Adjust the left foot (backward) to create space, execute a front kick with the right foot, set the foot down into a right walking stance and execute a right high section punch, then a left center section punch (perform in a continuous motion).

Rank Requirements

4. **Attack:** Step forward into a right walking stance, executing a right obverse center section punch. **Defense:** Step out and back with the left foot into a right walking stance, executing a right obverse middle block with the outer forearm. Execute a right side kick setting the foot behind the opponent's right foot, followed by a right knife-hand strike to the neck

Free Sparring:

- Belt/Rope sparring
- Flag sparring

New Terms:

English	Korean	English	Korean
Eight	Ya-dul	Side kick	Yopchagi
Fighting stance	Mot sogi	Side piercing kick	Yopcha jirugi
Five	Ta-set	Sitting stance	Annun sogi
Four	Net	Six	Ya-set
Front	Ap	Ten	Yol
Front snap kick (front kick)	Apcha busigi	Three	Set
Guarding block	Daebi makgi	Two	Dool
Inner forearm	An palmok	Walking stance	Gunnun sogi
Leg	Dari	Front (snap) kick	Apcha busigi
Low block with the forearm/Forearm low block	Palmok	Inward	Anuro
L-stance	najunde makgi	Jump change	Ba qua
Middle/center	Niunja sogi	Knife-hand	Sonkal
Nine	Kaunde	Outer	Bakat
Obverse punch	A-hop (a-hope)	Side strike	yop taerigi
One	Baro jirugi	Slide	Mikulgi
Punch	Hana	Sparring style	Matsogi
Seven	Jirugi		
	Il-gup		

Rank Requirements

History:

Oral test given by judge on technique, and history included below:

- Name the tenets of TKD
- Name of your instructor and their rank
- Who is Mrs. Shirley's instructor?
- Who is head of Maum Sin Yong?
- Where is Taekwon-Do from?
- Count to 10 in Korean
- What are the colors of the belts (in order)?
- Know any bolded "New terms" listed above
- Know what the tenets of Taekwon-Do mean?
- Who is Master Crochet?
- Who created TaeKwon-Do?
- What does Taekwon-Do mean?
- When was TKF founded?
- How do our feet move when we "slide"?
- What is the highest rank you can achieve in TKD while living?
- What style of Taekwon-Do do we practice?
- What does ITF stand for?
- What are the colors of the belts (in order)
- Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch)
- Know any bolded "New terms" listed above

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