**Children 6 and Under**

(and others with special needs or extenuating circumstances)

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

1st Stripe = Yellow

Line Techniques:

1. Hand Techniques:
   1. Sitting stance center section punch
      1. Annun sogi kaunde jirugi
   2. Walking stance obverse center section punch
      1. Gunnun so nakaunde ap jirugi
   3. Walking stance low block with the outer forearm
      1. Gunnun sogi najunde makgi bakat palmok
   4. L-stance middle block with the inner forearm
      1. Niunja sogi nakaunde bakuro makgi bakat palmok
2. Foot Techniques:
   1. L-stance front (snap) kick
      1. Niunja sogi apcha busigi
   2. L-stance lead leg side (piercing) kick (\*)
      1. Niunja sogi ap yopcha jirugi
3. Combinations:
   1. Sitting stance 1-2 punch
      1. Annun sogi hana, dool jirugi

(\*) = Change Stance

Target Techniques:

1. Sitting Stance Punch

2nd Stripe = Green

Exercise(s):

1. Right Four Direction Punch

Sparring:

1. Step Sparring: Blocking Drills, Attacks, Blocks

Hol Sin Sul (Self Defense):

1. Break Fall
   1. Back fall from a squatting position

3rd Stripe = Blue

Exercises:

1. Left Four Direction Punch

Balance Techniques:

1. One leg stance (30 seconds)

Sparring:

1. Belt (Rope) Sparring

Hol Sin Sul:

1. Side Fall from a squatting position
2. 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)