

LITTLE DRAGONS

White Belt to Orange/White Belt

Hand Techniques

Punch with fore fist

Stance

Attention Stance

Sitting Stance

Walking Stance

Parallel Ready Stance

Kicking

Front Rising Kick

Front Snap Kick

Required Knowledge

Counting from 1 to 10 in Korean:

- | | |
|-----------|-----------|
| 1. Ha-na | 6. Ya-sot |
| 2. Dul | 7. Il-gop |
| 3. Set | 8. Yo-dol |
| 4. Net | 9. A-hop |
| 5. Ta-sot | 10. Yol |

LITTLE DRAGONS

Orange/White Belt to Purple/White Belt

Hand Techniques

Low Block with Outer Forearm
Low Block with Knife Hand

Stances

Attention Stance
Sitting Stance
Walking Stance
Parallel Ready Stance

Fundamental Exercises

Forward Roll

Kicking

Side Rising Kick

Required Knowledge

Tenets of Taekwon-Do:

Courtesy	-Ye Ui
Integrity	-Yom Chi
Perseverance	-In Nae
Self-Control	-Kuk Gi
Indomitable Spirit	-Baek Jol Bul Gul

LITTLE DRAGONS

Purple/White Belt to Green/White Belt

Hand Techniques

Side Block with Inner Forearm

Stances

Review of all stances already learned

Fundamental Exercises

Jumping Exercise

Backward Roll

Saju-Jirugi (4 Direction Punch)

Kicking

Side Piercing Kick

Required Knowledge

Student Oath:

I shall observe the tenets of Taekwon-Do

I shall respect my instructors and seniors

I shall never misuse Taekwon-Do

I shall be a champion of freedom and justice

I shall build a more peaceful world

LITTLE DRAGONS

Green/White Belt to Blue/White Belt Requirements

Hand Techniques

Rising Block

Fundamental Exercises

Saju Jirugi (4 Direction Punch)

Saju Maki (4 Direction Block)

Kicking

Turning kick

Sparring

3 Step Sparring (Alone / 1 Direction)

Required Knowledge

Country of Origin of TKD: Korea

Father of Taekwon-Do: General Choi Hong Hi

His Rank: 9th Degree Black Belt

Title: Grand Master

LITTLE DRAGONS

Blue/White Belt to Yellow/White Belt Requirements

Hand Techniques

Review of all previous hand technique

Stance

L-Stance

Sparring

3 Step Sparring (Alone / 2 Directions)

Pattern

Chon-Ji

Kicking

Combination Kicking (kicks using both legs)

Required Knowledge

Chon-Ji Pattern Definition: Chon-Ji means literally “the heaven, the earth”. In the Orient it is interpreted as the creation of the world or beginning of human history. This pattern has two similar parts: one representing the Heaven and the other representing the Earth. 19 moves & the diagram is a “plus” sign (+).

LITTLE DRAGONS

Yellow/White Belt to Yellow Belt

Hand Techniques

Review of all previous hand techniques

Fundamental Exercise

Saju Jirugi
Saju Maki
Rolls & Break Falls

Sparring

3 Step Sparring (Alone / 2 Directions)

Pattern

Chon-Ji

Kicking

Review of all kicks previously learned

Required Knowledge

Color Belt System of Taekwon-Do:

White; white with yellow tip; yellow; yellow with green tip; green;
green with blue tip; blue; blue with red tip; red; red with black
tip; black

Meaning of the Color of Yellow Belt:

Signifies the earth from which a plant sprouts and takes root as in the Taekwon-Do foundation being laid.