

# Little Dragons White Belt To Orange Stripe

## **Fitness**

5 jump jacks  
5 superhero jumps  
5 sit down stand ups  
2 lengths of the hall monkey runs

## **Stances**

Attention stance (to the count to 5) – “chumbi”  
Walking stance with a punch  
Walking stance with a low block

## **Blocks**

Low block to a blocker pad

## **Pattern**

First 4 moves of chon ji

## **Punches**

Single punches to a pad

Must demonstrate making a proper fist. Punches must show focus by targeting, speed, snap and power.

## **Kicks**

Front kick to a pad (both legs).

## **Self defence**

Two handed push to the front and shout for help  
(shield/person)

## **Spirit**

Show respect - bow when coming into and leaving the training hall/matted area.

Ki Hap shout (LOUD!)

Call for help

## **Theory**

Count to 4 in Korean

1 – **Hanna**, 2 – **dool**, 3 – **set**, 4 – **net**.

What does your white belt mean?

**White belt means, I am a new student ready to learn.**

