

Mini Dragons Blue Stripe To Red Stripe

Fitness

- 15 jump jacks
- 15 sit down stand ups
- 2 lengths of the hall monkey runs

Stances/Linework

- Attention stance (to the count to 15) – “chumbi”
- Walking stance with a rising block and punch
- Walking stance front kick and punch
- Jumping front kick.
- Knifehand strike in L stance
- Turning kick in L stance

Pattern

- First 12 moves of chon ji

Blocks

- Low block to a blocker pad and two punches to round pad
- Middle block to a blocker pad and turning kick to round pad
- Rising block to a blocker pad and two punches to round pad

Punches and Kicks

- Double punch, front kick to a pad
- Jumping front kick to a pad
- Must demonstrate making a proper fist.

Self defence

- Two handed push to the front and shout for help
(shield/person)
- Shoulder grab
- Single wrist grab (opposite hand grab)
- Double wrist grab

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Spirit

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

Show respect – follow the 5 rules.

KiHap shout (LOUD!)

Call for help

Theory

Count to 8 in Korean- 1 – **Hanna**, 2 – **dool**, 3 – **set**, 4 – **net**, 5 – **dasaul**, 6 – **yosaul**, 7 -illgop, 8- **Yodoll**

What does your white belt mean? **White belt means, I am a new student ready to learn.**

What are our 5 rules: **be nice, be good, keep trying, keep my hands to myself, work hard.**

What do the words Tae Kwon Do mean? **Hand, foot and art.**

