

# Little Dragons Purple Stripe To Yellow Stripe Belt

## Fitness

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

## Stances

- Attention stance (to the count to 15) – “chumbi”
- Walking stance with a punch
- Walking stance with a low block
- Walking stance with a middle block
- Walking stance with a rising block
- Walking stance front kick
- Walking stance low block and punch
- Walking stance middle block and punch

## Blocks

- Low block to a blocker pad
- Middle block to a blocker pad
- Rising block to a blocker pad

## Pattern

- First 8 moves of chon ji

## Punches

- Single punches to a pad
- Double punch to a pad
- Must demonstrate making a proper fist.

## Kicks

- Front kick to a pad (both legs).
- Must demonstrate balance and correct hand position (hands up).

## Self defence

- Two handed push to the front (shield/person)
- Single wrist grab (same side)

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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

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.**

