

Grading Syllabus

White Belt to Yellow Stripe

- 1** Walking Stance Punch forwards and backwards
- 2** Walking Stance Low Block forwards and backwards
- 3** Walking Stance Middle outer forearm Block forwards and backwards
- 4** Jab Cross on Pads - From a sparring stance
- 5** Footwork, Moving, Guard, Stance
- 6** 4 Direction Punch
- 7** Front Kicks on Pads
- 8** Fitness Test 1 - 10 push ups, 10 sits ups 10 burpees, 10 squats 30 second plank
- 9** 1-4-1 Sparring
- 10** Questions

**The following questions will need to be learned before progressing.
Younger children can just learn the "In brackets" words.**

- 1. Count to 5 in Korean** - Hana, Dool, Set, Net, Dasot
- 2. What does Taekwon-Do mean?** - Foot or kick, hand or punch, way of life. "Foot, Hand Way"
- 3. Tenets of Taekwon-Do** - Courtesy, Integrity, Self Control, Perseverance, Indomitable Spirit,
- 4. Who was the founder of Taekwon-Do?** - General Choi Hong Hi "General Choi"
- 5. When was Taekwon-Do named?** - 11th April 1955
- 6. What country does Taekwon-Do originate from?** - Korea