**BELT TEST REQUIREMENTS**

**LITTLE DRAGONS (AGES 4-6)**

**GREEN BELT**

*(Testing Green to Purple)*

**Physical Requirements:**

1) **ATTENDANCE**  
   A) Minimum of 30 classes

2) **KICKS**  
   A) Spinning hook kick  
   B) Butterfly kick  
   C) Double roundhouse kick  
   D) Skipping front leg roundhouse kick  
   E) Jumping front kick  
   F) All previous kicks

3) **HAND TECHNIQUES**  
   A) Knife hand neck strike  
   B) Single middle knife hand block  
   C) All previous hand techniques

4) **STANCES**  
   A) All previous stances

5) **FORM**  
   A) Little Dragon Taegeuk Sam Jang

**Mental Requirements:**

1) **WHY DO YOU YELL IN TAEKWONDO?**  
   • To show power, focus, and confidence. SIR/M’AM!

2) **TAEKWONDO OATH**  
   • I will observe the Tenets of Taekwondo  
   • I will respect my instructors and seniors  
   • I will never misuse Taekwondo  
   • I will help build a more peaceful world  
   • I will be a champion of freedom and justice

3) **COUNT TO 40 IN KOREAN**  
   • 30 Sarun  
   • 40 Mahun

4) **KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.**  
   • Spinning hook kick – back of the heel  
   • Butterfly kick – top of the foot  
   • Jumping front kick – ball