

LITTLE DRAGONS (AGES 4-6)**YELLOW BELT***(Testing Yellow to Orange)***Physical Requirements:**

- 1) KICKS
 - A) Axe kick
 - B) High roundhouse kick
 - C) Inside crescent kick
 - D) Outside crescent kick
 - E) All previous kicks
- 2) HAND TECHNIQUES
 - A) Reverse middle punch
 - B) Reverse middle inner block
 - C) All previous hand techniques
- 3) STANCES
 - A) Walking stance
 - B) All previous stances
- 4) FORM
 - A) Little Dragon Taegeuk Il Jang

Mental Requirements:

- 1) COUNT FROM 1 TO 10 IN KOREAN
 - One - Hana
 - Two - Dule
 - Three - Set
 - Four - Net
 - Five - Dasot
 - Six - Yosot
 - Seven - Il gob
 - Eight - Yo dul
 - Nine - Ahop
 - Ten - Yul
- 2) MEANING OF THE TENETS OF TAEKWONDO
 - Courtesy - Be nice to others
 - Integrity - Do not lie
 - Perseverance - Never give up
 - Indomitable spirit - Don't get sad when things don't go your way
 - Self-control - Always behave
- 3) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
 - Axe kick - Back of the heel
 - High roundhouse kick - Top
 - Inside crescent kick - Inside edge of the foot
 - Outside crescent kick - Outside edge of the foot
- 4) HOME ADDRESS