

## LITTLE DRAGONS (AGES 4-6) YELLOW BELT

*(Testing Yellow to Orange)*

### **Physical Requirements:**

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- 1) ATTENDANCE
  - A) Minimum of 20 classes
  
- 2) KICKS
  - A) Axe kick
  - B) High roundhouse kick
  - C) Inside crescent kick
  - D) Outside crescent kick
  - E) All previous kicks
  
- 3) HAND TECHNIQUES
  - A) Reverse middle punch
  - B) Reverse middle inner block
  - C) Low Punch
  - D) All previous hand techniques
  
- 4) STANCES
  - A) Walking stance
  - B) All previous stances
  
- 5) FORM
  - A) Little Dragon Taegeuk Il Jang

### **Mental Requirements:**

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- 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