

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

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- 1) ATTENDANCE
  - A) Minimum of 20 classes
- 2) KICKS
  - A) Push kick
  - B) Back kick
  - C) Jumping side kick
  - D) All previous kicks
- 3) HAND TECHNIQUES
  - A) High Punch
  - B) All previous hand techniques
- 4) STANCES
  - A) All previous stances
- 5) FORM
  - A) Little Dragons Taegeuk Yi Jang
- 6) BOARD BREAKING
  - A) Push kick

**Mental Requirements:**

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- 1) WHY DO YOU BOW?
  - To show respect. SIR/M'AM!
- 2) WHEN DO YOU BOW?
  - We bow when we enter/exit the school
  - We bow when we enter/exit the Dojang (training area)
  - We bow to the Masters
  - We bow to the Instructors
  - We bow to all other black belts and our fellow students
- 3) COUNT 11-20 IN KOREAN
  - Eleven - Yul hana
  - Twelve - Yul dule
  - Thirteen - Yul set
  - Fourteen - Yul net
  - Fifteen - Yul dasot
  - Sixteen - Yul yoset
  - Seventeen - Yul il gob
  - Eighteen - Yul yo dul
  - Nineteen - Yul ahop
  - Twenty - Sumul
- 4) KNOW AND SHOW RIGHT AND LEFT
- 5) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
  - Push kick - Bottom of the heel
  - Back kick - Bottom of the heel
  - Jumping side kick - Bottom of the heel