

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