

# SHEROAN'S TKD ACADEMY – LITTLE DRAGON CURRICULUM

## WHITE BELT (1)

### FIRST STRIPE (BASIC TECHNIQUES)

Attention

Bow

Ready Stance

Fighting Stance

Front Stance

### SECOND STRIPE (INDIVIDUAL SKILLS)

Kiyap (YELL) – UTZ!

Fighting Stance – Front Hand Jab

Fighting Stance – Rear Hand Jab

Fighting Stance – Front Leg Front Kick

Fighting Stance – Rear Leg Front Kick

### THIRD STRIPE (TERMINOLOGY/CONDITIONING)

#### Terminology:

Attention ..... Char-Yut

Bow ..... Kyung-Yea

Ready Stance ..... Joon Bee

Uniform ..... Do-Bak

Belt ..... Dee

Instructor ..... Gyo-Sa Nim

#### Tenet:

Courtesy

#### Demonstration:

Jumping Jacks (5)

Touching Toes Stretching

Counting: 1 – Hanna, 2 – Dool, 3 – Set, 4 – Net