

SHEROAN'S TKD ACADEMY – LITTLE DRAGON CURRICULUM
ORANGE BELT (3)

FIRST STRIPE (BASIC TECHNIQUES)

All Yellow Belt Skills!

Kibon Ee Jang (4 Movements)

Round Kick

Back Stance

SECOND STRIPE (INDIVIDUAL SKILLS)

All Yellow Belt Skills!

Back Stance – Side Chop

Front Stance – Face Punch

3 Kicks Forward / 3 Steps Backwards

Target Kicking (Front Kick & Round Kick)

One-Step Attack (Il Boh De Rahn): *From Joon Bee (Ready Stance)*

Step Back w/Rt Foot to Lt Front Stance, Lt Low Block – KIYAP!

On KIYAP: Step Forward w/Rt Leg to Rt Front Stance, Rt Punch.

Board Break – Front Kick

THIRD STRIPE (TERMINOLOGY/CONDITIONING)

All Yellow Belt Skills!

Terminology:

Turn Around DioRo Drat

Low Block..... Arae Makki

Face Block Eolgoon Makki

Middle Punch Momtong Jiruegi

Front Kick Ap Chagi

Tenet:

Courtesy, Integrity

Demonstration:

All Yellow Belt Skills!

Counting: 1 – Hanna, 2 – Dool, 3 – Set, 4 – Net, 5 – Dasot

6 – Yosot, 7 – Ilgot, 8 – Yodul, 9 – Ahop, 10 - Yeul

Sit Ups (3)

Front Stretch (touching toes)