

**SHEROAN'S TKD ACADEMY – LITTLE DRAGON CURRICULUM
GREEN BELT (4)**

FIRST STRIPE (BASIC TECHNIQUES)

All Orange Belt Skills!

Kibon Ee Jahng (4 movements)

Side Kick

Side Block

SECOND STRIPE (INDIVIDUAL SKILLS)

All Orange Belt Skills!

Back Stance – Side Block

Fighting Stance – Front Leg Round Kick

3 Kicks Back & Forth w/Partner

One-Step Defense: *From Joon Bee (Ready Stance)*

Step forward w/Lt Foot into Lt Front Stance

Left Face Block, Right Reverse Punch, KIYAP!

THIRD STRIPE (TERMINOLOGY/CONDITIONING)

All Orange Belt Skills!

Terminology:

Back StanceDuie Koobi

Master InstructorSa-Bom Nim

Thank You.....Gam Sa Ham Ni Da

Tenet:

Courtesy, Integrity

Demonstration:

All Orange Belt Skills!

Jumping Jacks (10)

Push Ups (3)

Sit Ups (5)

Hopping on One Foot (Right and Left)