

**SHEROAN'S TKD ACADEMY – LITTLE DRAGON CURRICULUM  
PURPLE BELT (5)**

**FIRST STRIPE (BASIC TECHNIQUES)**

***All Green Belt Skills!***

Kibon Ee Jang (8 Movements)

Palm Block

**SECOND STRIPE (INDIVIDUAL SKILLS)**

***All Green Belt Skills!***

Bag Punching

*Jab – Punch – Side Step*

Target Kicking

*Front Kick, Round Kick, Side Kick*

Board Break – Round Kick

One Step w/Partner

*Attack / Defend (High Block / Single Punch – KIYAP!*

**THIRD STRIPE (TERMINOLOGY/CONDITIONING)**

***All Green Belt Skills!***

**Terminology:**

Grand Master ..... Kwan Je Nim

Senior Student..... Je Ja

Class (rank)..... Gup

Round Kick..... Dolyo Chagi

**Tenet:**

Courtesy, Integrity, Perseverance

**Demonstration:**

***All Green Belt Skills!***

Push Ups (5)

Sit Ups (10)

Front Stretch (Legs apart)

Jump Up / Pull Knees to Chest in Air