

SHEROAN'S TKD ACADEMY – LITTLE DRAGON CURRICULUM
BLUE BELT (6)

FIRST STRIPE (BASIC TECHNIQUES)

All Purple Belt Skills!

Kibon Ee Jahng (12 movements)

Back Turning Side Kick

SECOND STRIPE (INDIVIDUAL SKILLS)

All Purple Belt Skills!

One Step w/Partner

Attack / Defend (High Block / Three Punches – KIYAP!)

Bag Kicking

Rt/Lt w/Step – Front, Round, Side

Target Punching

Fighting Stance / Bouncing / Switch Stances

THIRD STRIPE (TERMINOLOGY/CONDITIONING)

All Purple Belt Skills!

Terminology:

Side KickYeop Chagi

Spread Block.....Hae-Cho Makki

Side ChopYeop Chigi

Tenet:

Courtesy, Integrity, Perseverance

Demonstration:

All Purple Belt Skills!

Push Ups (10)

Jump Up / Switch Stances

Fighting Stance, Pull Knees to Chest when Jumping!