

**SHEROAN'S TKD ACADEMY – LITTLE DRAGON CURRICULUM  
BROWN BELT (7)**

**FIRST STRIPE (BASIC TECHNIQUES)**

***All Blue Belt Skills!***

Kibon Ee Jang (16 Movements)

**SECOND STRIPE (INDIVIDUAL SKILLS)**

***All Blue Belt Skills!***

Bag Kick Sparring (30 Seconds)

Any Kicks, as Fast and Hard as you can!

2<sup>nd</sup> One Step w/Partner

*Attack / Defend (Palm Block / Three Punches – KIYAP!)*

Step-Behind Side Kick

Jump Front Kick

Jump from BOTH Feet, Kick with Back Leg

Board Break – Side Kick

**THIRD STRIPE (TERMINOLOGY/CONDITIONING)**

***All Blue Belt Skills!***

**Terminology:**

Hitting ..... Jireugi

Striking..... Chigi

Blocking..... Makki

Kicking ..... Chagi

Board Break..... Kuhk Pah

**Tenet:**

Courtesy, Integrity, Perseverance, Self-Control

**Demonstration:**

***All Blue Belt Skills!***

Side Splits (Right & Left)