

**SHEROAN'S TKD ACADEMY – LITTLE DRAGON CURRICULUM**

**RED BELT (8)**

**FIRST STRIPE (BASIC TECHNIQUES)**

***All Brown Belt Skills!***

Kibon Ee Jahng

**SECOND STRIPE (INDIVIDUAL SKILLS)**

***All Brown Belt Skills!***

3<sup>rd</sup> One-Step w/Partner

Attack / Defend (Side Block, Neck Chop, Round Kick – KIYAP!)

Bag Hand Sparring (30 Seconds)

Any Hand Techniques, as FAST and HARD as you can!

Bag Sparring (30 Seconds)

Any Techniques, as FAST and HARD as you can!

Step-Up Round Kick

Jump Round Kick

**THIRD STRIPE (TERMINOLOGY/CONDITIONING)**

***All Brown Belt Skills!***

**Terminology:**

Side Kick .....Yeop Chagi

Spread Block.....Hae-Cho Makki

Side Chop .....Yeop Chigi

**Tenet:**

Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit

**Demonstration:**

***All Brown Belt Skills!***

Slide-Up Round Kick

Skip Round Kick

Front Leg Side Kick