

LITTLE DRAGONS (AGES 4-6)**GREEN BELT***(Testing Green to Purple)***Physical Requirements:**

- 1) KICKS
 - A) Spinning hook kick
 - B) Butterfly kick
 - C) All previous kicks
- 2) HAND TECHNIQUES
 - A) High punch
 - B) All previous hand techniques
- 3) STANCES
 - A) All previous stances
- 4) FORM
 - A) Taegeuk Yi Jang

Mental Requirements:

- 1) WHY DO YOU YELL IN TAEKWONDO?
 - To show power, focus, and confidence. SIR/M'AM!
- 2) TAEKWONDO OATH
 - I will observe the Tenets of Taekwondo
 - I will respect my instructors and seniors
 - I will never misuse Taekwondo
 - I will help build a more peaceful world
 - I will be a champion of freedom and justice