

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

- 1) KICKS
  - A) Push kick
  - B) Back kick
  - C) All previous kicks
- 2) HAND TECHNIQUES
  - A) All previous hand techniques
- 3) STANCES
  - A) All previous stances
- 4) FORM
  - A) Taegeuk Il Jang: Last 8 steps
- 4) BOARD BREAKING
  - A) Push kick

**Mental Requirements:**

- 1) WHY DO YOU BOW?
  - To show respect. SIR/M'AM!
- 2) WHEN DO YOU BOW?
  - We bow when we enter and exit the school
  - We bow to the flags when we enter and exit the Dojang (training area)
  - We bow to the Masters, Instructors, and all black belts anytime and anywhere we see them
- 3) COUNT 11-20 IN KOREAN
  - Eleven – Yul hana
  - Twelve – Yul dule
  - Thirteen – Yul set
  - Fourteen – Yul net
  - Fifteen – Yul dasot
  - Sixteen – Yul yoset
  - Seventeen – Yul il gob
  - Eighteen – Yul yo dul
  - Nineteen – Yul ahop
  - Twenty - Sumul