

LITTLE DRAGONS (AGES 4-6)**WHITE BELT***(Testing White to Yellow)***Physical Requirements:**

- 1) KICKS
 - A) Rising kick
 - B) Front snap kick
 - C) Roundhouse kick
 - D) Side kick
- 2) HAND TECHNIQUES
 - A) High block
 - B) Middle inner block
 - C) Low block
 - D) Middle punch
- 3) STANCES
 - A) Attention stance
 - B) Ready stance
 - C) Shoulder stance
 - D) Fighting stance
 - E) Horse riding stance
 - F) Front stance
- 4) FORM
 - A) Oren Saju Chedegi (4 punches and 4 blocks)

Mental Requirements:

- 1) COUNT FROM 1 TO 5 IN KOREAN
 - One - Hana
 - Two - Dule
 - Three - Set
 - Four - Net
 - Five - Dasot
- 2) TENETS OF TAEKWONDO
 - Courtesy
 - Integrity
 - Perseverance
 - Indomitable spirit
 - Self-control
- 3) PHONE NUMBER
 - Home phone number or parents' cell phone number(s)