

KIDS' BELT TEST REQUIREMENTS

Little Dragons' Green Belt (Ages 4-6)

1. FORM: "Taegeuk Yi Jang"
2. BASIC STANCES & HAND TECHNIQUES:
 - A) Blocks: Knife Middle Block
 - B) Punches: Neck Strike
3. KICKS: Fighting Stance
 - A) Back Kick
 - B) Spinning Hook Kick
4. BOARD BREAKING: Side Kick
5. QUESTIONS:
 - A) Why do you yell?
To show power and confidence, SIR!
 - B) What are the Taekwondo Oaths?
 1. I will observe the tenets of Taekwondo
 2. I will respect my instructors and senior belts
 3. I will never misuse Taekwondo
 4. I will help build a more peaceful world
 5. I will be a champion of freedom and justice