



Little Tiger(3-4yrs) & Dragons(5-6yrs) Belt Technique

*** No belt go to White belt test (3-6yrs)**

1. MEMORIZATION : Do jang – Martial Arts school

* Dragons & Little Tigers Home Rule :

Listen to my parent Sir!

2. Technique : *Basic hand tech #1 *Middle pun chi
* Front snap kick *Down block

*** Breaking Tech : Two hand Hammer Fist**

3. Strength Test : Push up 10 times, Sit up 10 times

4. Sparring : No contact sparring

*** White go to Yellow stripe belt test (3-6yrs)**

1. MEMORIZATION : Do bok – Martial Arts uniform

* Dragons & Little Tigers Home Rule #1 :

Respect my parents

2. Technique : *Basic hand tech #1
*Kicking combination
* Front snap kick * High block

*** Breaking Tech : Hammer Fist**

3. Strength Test : Push up 10 times, Sit up 10 time

4. Sparring : No contact sparring

* Yellow stripe go to Orange stripe test

(3-6yrs)

1. MEMORIZATION : Do Jang – Martial Arts School

* Dragons & Little Tigers Home Rule #2 :

Shall greet their parents at all times Sir

2. Technique : *Basic hand tech #1 *Walk stance
*Kicking combination *Round house kick
* Ax kick *Down block

* **One step sparring -**

Defense – Right leg step forward with middle punch(R hand), and joon bi position.

* **Breaking Tech : Neck chop**

3. Strength Test : Push up 15 times, Sit up 15 times

4. Sparring : Free sparring

* Orange stripe go to Green stripe test

(3-6yrs)

1. MEMORIZATION : Sa bum nim – Master Instructor

* Dragons & Little Tigers Home Rule # 3 :

Be honest at all time sir!

2. Technique : *Basic hand tech #1,2,3 *Basic Movement
* Front snap push kick * Round house kick *Long stance

* **One step** :Defense – Round house kick (Right leg) and kicking stance

* **Breaking Tech : Side Kick**

3. Strength Test : Push up 20 times, Sit up 20 times

4. Sparring : Free sparring

* Green stripe go to Purple stripe test

(3-6yrs)

1. **MEMORIZATION** : Kyoung Ryea – Bow

* Dragons Home Rule #4 :

Good relationship with their brother & sister Sir!

2. **Technique** : *Basic hand tech #1,2,3 *Kicking combination
* Side kick * Round house kick *Back stance

* **One step** : Out block left hand and middle punch (right hand)

* **Breaking Tech : Elbow attack**

3. Strength Test : Push up 20 times, Sit up 20 times

4. Sparring : Free sparring

* Purple stripe go to Blue stripe test

(3-6yrs)

1. **MEMORIZATION** : Kuk ki – Flag

* Dragons & Little Tigers Home Rule #5:

Help my parents Sir!!

2. **Technique** : *Basic hand tech #1, 2, 3 *Kicking combination
*Basic movement * skip side kick * our block * in block

* **One Step** : Round house kick(R Leg), Double punch (R,L hand)

* **Breaking Tech : Back kick**

3. Strength Test : Push up 25 times, Sit up 25 times

4. Sparring : Free sparring

* Blue Stripe go to Brown stripe test

(3-6yrs)

1. **MEMORIZATION** : Kicking – Bal cha ki

* Dragons & Little Tigers Home Rule #6:

Clean my room Sir!

2. **Technique** : *Basic hand tech #1, 2, 3 *Kicking combination

*Basic movement * Back Kick * Back Fist * Back Stands

* **One Step**: **Out block (Left hand), Neck chop & back fist (R-hand)**

* **Breaking Tech** : **Spider hammer fist**

3. Strength Test : Push up 25 times, Sit up 25 times

4. Sparring : Free sparring

* Brown Stripe go to Red stripe test

(3-6yrs)

1. **MEMORIZATION** : Punch – Jung kwon

* Dragons & Little Tigers Home Rule #7:

Clean my body everyday Sir!

2. **Technique** : *Basic hand tech #1, 2, 3 *Kicking combination

*Basic movement * Back hook kick *knife hand block

* **One Step** : Back roll and kicking stance, side kick middle high (R-Leg) and tornado kick

* **Breaking Tech** : **Running jump side kick**

3. Strength Test : Push up 25 times, Sit up 25 times

4. Sparring : Free sparring

* Red Stripe go to Black stripe test

1. **MEMORIZATION** : Side kick – Youp cha ki (3-6yrs)

* Dragons & Little Tigers Home Rule #8:
Do not interrupt during a conversation. sir

2. **Technique** : *Basic hand tech #1, 2, 3 *Kicking combination
*Basic movement * Turning round house kick *double
knife hand block

* **One Step:** Turn around curl wheel and kicking stance and
double round house kick (R,L) and jump side kick (R-Leg)

* **Breaking Tech : Straight punch**

3. Strength Test : Push up 25 times, Sit up 25 times

4. Sparring : Free sparring

* Black Stripe go to solid Yellow belt

1. **MEMORIZATION** : Kyoung rea – bow, (3-6yrs)
Dojang – Martial arts studio

* Dragons & Little Tigers Home Rule #9:
Respect for all people, Sir!

2. **Technique** : *Basic hand tech #1, 2, 3 *Kicking combination
*Basic movement * double round house kick
*Jump front snap kick

* **One Step :** Turn around curl wheel and kicking stance,
Jump front snap kick(R-leg), and jump neck chop (R-hand)

* **Breaking Tech : Spider kick**

3. Strength Test : Push up 25 times, Sit up 25 times

4. Sparring : Free sparring