

Hadri Taekwondo Academy

Yellow Stripe Syllabus and student progress chart

Student Name: _____

Date started: _____

Primary Class: _____

Technique	Performed Easily? (Yes/No)
<p>10 press ups and count to 10 in Korean</p> 	<p><input type="checkbox"/> I can easily perform 20 press ups easily and correctly</p> <p><input type="checkbox"/> I can count to 10 in Korean</p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p>Pull back into long stance from Chunbi position with double lower block followed by 10 leg raises with double low section blocks</p> 	<p><input type="checkbox"/> I Know what Chunbi stance is</p> <p><input type="checkbox"/> I can easily perform the Chunbi stance</p> <p><input type="checkbox"/> I know what is long stance</p> <p><input type="checkbox"/> I can easily perform long stance</p> <p><input type="checkbox"/> I can easily pull back into long stance from Chunbi position</p> <p><input type="checkbox"/> I can easily change long stance from right leg back to left leg back and vice versa</p> <p><input type="checkbox"/> I can easily raise my leg to the height required and perform double low section block</p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p>Assume horse riding position from Chunbi position (right and left leg) and punch to midsection 10 times</p> 	<p><input type="checkbox"/> I know what horse riding stance is</p> <p><input type="checkbox"/> I can move into horse riding stance from Chunbi stance with right leg first or left leg first</p> <p><input type="checkbox"/> I can move into horse riding stance and punch to midsection with power and accuracy (right or left foot first)</p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>

Moving forward from Chunbi stance into long stance + middle section punch (over leading leg)



- I can move forward into long stance
- I can repeatedly move forward into long stance and punch to midsection with accuracy and power whilst remaining balanced

Student signature: _____

Instructor signature: _____

Date: _____

Moving backwards, long stance moving backwards + inner forearm block middle section



- I can move back in long stance repeatedly and remain balanced whilst doing so
- I know what an inner forearm block is
- I can perform an inner forearm block
- I can move back in long stance and perform inner forearm block repeatedly
- I can move back into long stance and perform inner forearm block followed by midsection punch.
- I can repeatedly move in back in long stance and perform inner forearm block followed by a midsection punch

Student signature: _____

Instructor signature: _____

Date: _____

Moving forward long stance + inner forearm block + middle section punch



- I can move forward into long stance
- I can repeatedly move forward in long stance and stay balanced
- I can move forward into long stance and perform inner forearm block followed by a midsection punch
- I can move forward into long stance, perform inner forearm block followed by mid section punch easily repeatedly

Student signature: _____

Instructor signature: _____

Date: _____

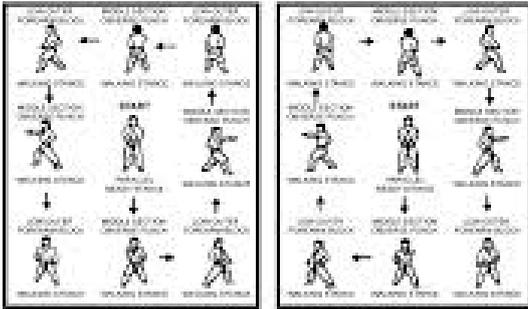
Four directional Techniques: In walking stance (lower block \ lower block)

SAJO JIRUGI

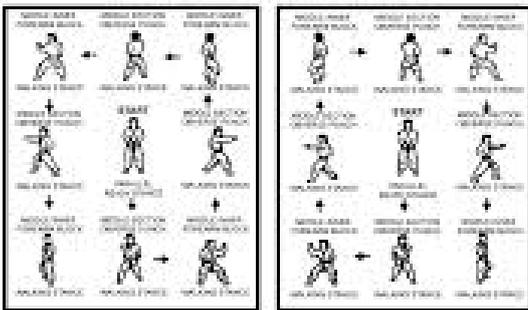


4 DIRECTIONAL PUNCH

NUMBER 1 - LOW SECTION OUTER FOREARM BLOCK



NUMBER 2 - MIDDLE SECTION INNER FOREARM BLOCK



- I know what walking stance is
- I can perform walking stance easily
- I know what low section block is
- I can perform low section block
- I can perform low section block moving backward or forward in walking stance
- I can easily move back and forward in walking stance
- I can move back and forward in walking stance and perform low section block easily

Student signature: _____

Instructor signature: _____

Date: _____

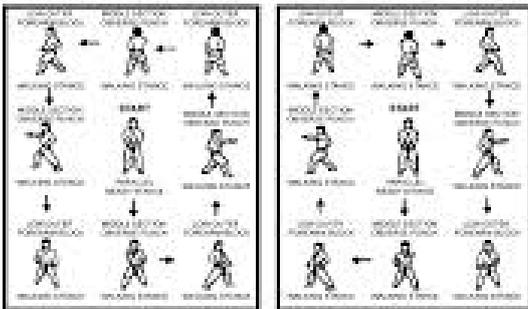
4 Direction Techniques: lower block walking stance \ long stance mid-section punch

SAJO JIRUGI

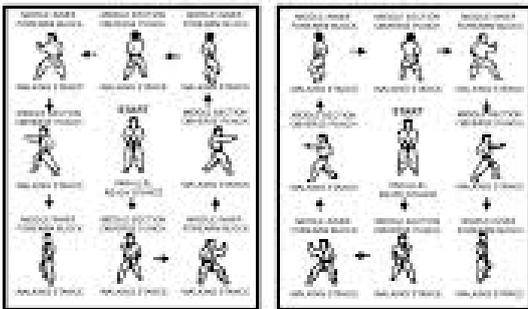


4 DIRECTIONAL PUNCH

NUMBER 1 - LOW SECTION OUTER FOREARM BLOCK



NUMBER 2 - MIDDLE SECTION INNER FOREARM BLOCK



- I can move back in walking stance and move forward in long stance
- I can move back in walking stance performing low section block and move forward into long stance performing midsection punch.

Student signature: _____

Instructor signature: _____

Date: _____

1-step Kicking exercise – Basic (Front Kick, Turning Kick, Pushing Kick, Chopping Kick)



- I can assume right or left leg back fighting stance from Chunbi stance
- I know what is front kick
- I can perform midsection front kick (right leg and left leg)
- I know what is turning kick
- I can perform midsection turning kick (right leg and left leg)
- I know what is pushing kick
- I can perform midsection push kick (right leg and left leg)
- I know what is chopping kick
- I can perform chopping kick (right leg and left leg)
- I can competently show case all four kicks during the 1-step kicking exercise

Student signature: _____

Instructor signature: _____

Date: _____

Basic Korean Terminology: numbers, stances, kicks and block.

- I can count to 10 in Korean
- I know names of all the stances in Korean
- I know the names of the basic kicks in Korean
- I know the names of all the blocks in Korean

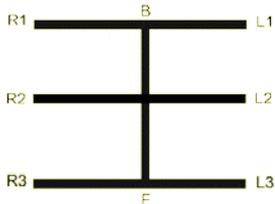
Student signature: _____

Instructor signature: _____

Date: _____

Taegeuk 1 (Il jang, Heaven and Light, 18 moves, KEON)
 – Mock Exam

Taegeuk Il Jang (Form 1) - Taegeuk Il Jang "represents the symbol of 'Keon', one of the 8 Kwaes (divination signs), which means the 'heaven and yang'. As the 'Keon' symbolizes the beginning of the creation of all things in the universe, so does the Taegeuk 1 Jang in the training of Taekwondo".



- I know how to perform walking stance
- I know how to perform long stance
- know how to perform low block
- know how to perform inner forearm block
- know how to perform high section block
- know how to execute middle section punch
- can perform front kick
- know that this poomsae commences and ends at B as per trigram to the left
- know all 18 moves in the correct sequence and can perform them as required

Student signature: _____

Instructor signature: _____

Date: _____

Korean Terminology:

- Do I know the Terminology for my grade level. Check the Terminology sheet for your grade level.

Student signature: _____

Instructor signature: _____

Date: _____

Etiquette

- I understand that I am required to observe the etiquette of TKD and am fully aware of what is expected of me.

Student signature: _____

Instructor signature: _____

Date: _____



Hadri Taekwondo Academy

Korean Terminology Yellow Stripe

Meaning of Taekwondo	The way (do) of foot (tae) and fist (kwon)	
Country of Origin	Korea	
Meaning of WTF	World Taekwondo Federation	
Tenets	Courtesy, Integrity, Perseverance, Self Control, Indomitable Sprit	
President of WTF	Dr Chungwon Choue	
Taekwondo Oath	<ul style="list-style-type: none"> • I shall observe the tenets of Taekwondo • I shall respect my instructor and seniors <ul style="list-style-type: none"> • I shall never misuse Taekwondo • I shall be a champion of freedom and justice <ul style="list-style-type: none"> • I shall build a more peaceful world 	
Significance of White Belt	Signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo (The lack of color signifies purity and innocence.)	
1-10 in Korean	(1)Hana, (2)Dul, (3)Set, (4)Net, (5)Daseot, (6)Yeoseot, (7)Ilgop, (8)Yeodeol, (9)Ahop, (10)Yeol	
Uniform	Dobok	
Training Hall	Dojang	
Commands	Attention	Charyot
	Bow	Kyung Ne
	Ready Stance	Junbi
	Red	Heong
	Blue	Chong
Stance	Horse riding stance	Chujum seogi
Block	Lower block	Arrae makki
Strike	Punch	Jireugi
Kick	Kick	Chagi
	Front kick	Ap chagi
	Turning Kick	Dolyo chagi