

Hadri Taekwondo Academy

Yellow Belt Syllabus and Student Progress Chart

Student Name: _____

Date started: _____

Primary Class: _____

Technique	Performed Easily? (Yes/No)
<p>20 x press ups (counting out loud on each technique – with power)</p> 	<p><input type="checkbox"/> I can perform 30 press ups easily and correctly <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 in to long stance Outer Crescent kick + double lower block in long stance. 10 x left/ right leg</p> 	<p><input type="checkbox"/> I know what is meant by crescent kick <input type="checkbox"/> I know what is meant by inner crescent kick <input type="checkbox"/> I know what is meant by outer crescent kick <input type="checkbox"/> I can perform inner crescent kick correctly <input type="checkbox"/> I can perform outer crescent kick correctly <input type="checkbox"/> I can perform outer crescent kick landing in long stance with a lower double block.</p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p>Horse riding stance, Double middle section punching 10 x (Counting out loud)</p> 	<p><input type="checkbox"/> I know what is meant by double middle section punch <input type="checkbox"/> I can perform double middle section punch in horse riding stance <input type="checkbox"/> I can perform double middle section punch with accuracy and power <input type="checkbox"/> I can perform double middle section punch in horse riding stance to the standard required</p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>

Perform Front kick land in long stance + double punch + double lower block



- I can perform front kick easily
- I can execute a front kick to face level from long stance
- I can execute front kick to face level, land forward in long stance and deliver consecutive punches to mid section
- I can execute front kick to face level, land forward in long stance and deliver consecutive punches to mid section followed by a double lower block
- I can execute front kick to face level, land forward in long stance and deliver consecutive punches to mid section followed by a double lower block

Student signature: _____

Instructor signature: _____

Date: _____

Moving backwards in long stance + outer forearm block



- I know what is meant by outer forearm block
- I can perform an outer forearm block
- I can perform an outer forearm block whilst moving back in long stance
- I can perform an outer forearm block whilst moving back in long stance to the required standard

Student signature: _____

Instructor signature: _____

Date: _____

Moving forward into long stance + outer forearm block + reverse punch



- I can move forward into long stance and perform outer forearm block
- I can move forward into long stance and perform outer forearm block followed by reverse punch to midsection
- I can move forward into long stance and perform outer forearm block followed by a reverse punch to midsection to the required standard

Student signature: _____

Instructor signature: _____

Date: _____

4 direction techniques: Pull back into back stance, outer block / move forward back stance front back fist) – apply with different hands



- I know what is meant by back stance
- I know what is meant by front back fist
- I can pull back into back stance from chunbi stance
- I can pull back into back stance and execute outer forearm block
- I can move forward into back stance
- I can execute front back fist
- I can move forward into back stance and execute front back fist
- I can move back and forward in back stance easily
- I can perform 4 direction techniques, moving back in defence or moving forward to attack as required

Student signature: _____

Instructor signature: _____

Date: _____

1 step kicking exercise – basic (front kick, turning kick, pushing kick, chopping kick)



- I can perform front kick with technical correctness, accuracy, control, and power with either leg
- I can perform turning kick with technical correctness, accuracy, control, and power with either leg
- I can perform push kick with technical correctness, accuracy, control, and power with either leg
- I can perform chopping kick with technical correctness, accuracy, control, and power with either leg
- I can demonstrate all four kicks consecutively to the required standard as part of the one step kicking exercise.

Student signature: _____

Instructor signature: _____

Date: _____

Taeguk 2 (Ye jang, joyfulness, 18 moves, TAE)

- I know how to punch to midsection whilst moving forward into long stance
- I know all 18 moves and can perform them sequentially to the standard required

Student signature: _____

Instructor signature: _____

Date: _____

<p>Taeguk 1 (Il jang, heaven and light, 18 moves, KEON)</p>	<p> <input type="checkbox"/> I know how to perform walking stance <input type="checkbox"/> I know how to perform long stance <input type="checkbox"/> I know how to perform low block <input type="checkbox"/> I know how to perform inner forearm block <input type="checkbox"/> I know how to perform high section block <input type="checkbox"/> I know how to execute middle section punch <input type="checkbox"/> I can perform front kick <input type="checkbox"/> I know that this poomsae commences and ends at B as per trigram to the left <input type="checkbox"/> I know all 18 moves in the correct sequence and can perform them as required </p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p>Korean Terminology:</p>	<p> <input type="checkbox"/> Do I know the Terminology for my grade level. Check the Terminology sheet for your grade level. </p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p>Etiquette Bowing Adjusting uniform</p>	<p> <input type="checkbox"/> I understand that I am required to observe the etiquette of TKD and am fully aware of what is expected of me. </p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>



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