

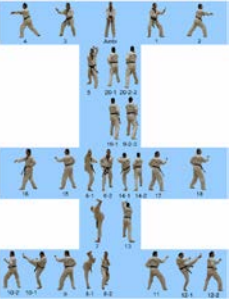
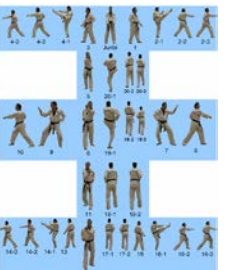
Hadri Taekwondo Academy

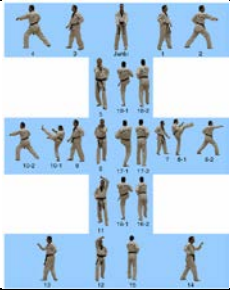
Green Belt Syllabus and Student Progress Chart

Student Name: _____

Date started: _____

Primary Class _____

Technique	Performed Easily? (Yes/No)
<p>Taeguk 4 (Sah jang, Thunder, 20 moves, JIN) – Mock</p> 	<p><input type="checkbox"/> I know all 20 moves of Taeguk 4 (Sah jang)</p> <p><input type="checkbox"/> I can perform Sah jang</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p>Taeguk 3 (Sam jang, Fire and sun, 20 moves, RI)</p> 	<p><input type="checkbox"/> I know all of 20 moves of Taeguk 3 (Sam jang)</p> <p><input type="checkbox"/> I can perform Sah jang</p> <p><input type="checkbox"/> I can perform Sah jang to the required standard or better</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p>Taeguk 2 (Ye jang, joyfulness, 18 moves, TAE)</p>	<p><input type="checkbox"/> I know all of 18 moves of Taeguk 2 (Ye jang)</p> <p><input type="checkbox"/> I can perform Ye jang</p> <p><input type="checkbox"/> I can perform Ye jang to the required standard or better</p> <p>Student signature _____</p> <p>Instructor signature _____</p>



Date: _____

1 Step Sparring – Basic



- I understand the principles of 1-step sparring
- I can perform at least three 1-step sparring manoeuvres using hand techniques to the required standard
- I can perform at least three 1-step sparring manoeuvres using leg techniques to the required standard

Student signature _____

Instructor signature _____

Date: _____

3 Step Sparring – Basic



- I understand the principles of 3-step sparring
- I can perform at least two 3-step sparring manoeuvres using hand techniques to the required standard
- I can perform at least two 3-step sparring manoeuvres using leg techniques to the required standard

Student signature _____

Instructor signature _____

Date: _____

One step Kicking exercise - Intermediate (Kicks: Front, Turning, Pushing, Chopping, Side & Back)



- I know what is meant by 1-step kicking exercise
- I can easily perform front kick to the standard required
- I can easily perform turning kick to the standard required
- I can easily perform push kick to the standard required
- I can easily perform chopping kick to the standard required
- I can easily perform side kick to the standard required
- I can easily perform back kick to the standard required.
- I can easily perform all of the above mentioned kicks in succession to the required standard

Student signature _____

Instructor signature _____

Date: _____

3 Step Kicking exercise - Intermediate (Kicks: Front, Turning, Pushing, Chopping, Side & Back)



- I know what is meant by 3-step kicking exercise
- I can easily perform front kick to the standard required
- I can easily perform turning kick to the standard required
- I can easily perform push kick to the standard required
- I can easily perform chopping kick to the standard required
- I can easily perform side kick to the standard required
- I can easily perform back kick to the standard required.
- I can easily perform combinations of the above mentioned kicks in succession to the required standard

Student signature _____

Instructor signature _____

Date: _____

4-directional side kicking from back stance



- I know what is meant by back stance
- I know the mechanics of the back stance
- I can perform back stance
- I can move in different directions in back stance
- I can easily perform side kick to the standard required
- I can execute side kick from back stance
- I can execute side kick from back stance as I move from one position to the next

Student signature _____

Instructor signature _____

Date: _____

Kicking Combinations – Intermediate Level.

Any of the following kicks may be used: Front, Turning, Pushing, Chopping, Side & Back

Power test, measure up and destruct: Side kick



- I can break wooden board with a side kick technique

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: _____