


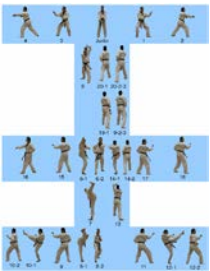
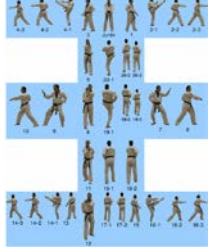
Hadri Taekwondo Academy

Blue Stripe Syllabus and Student Progress Chart

Student Name: _____

Date started: _____

Primary Class _____

Technique	Performed Easily? (Yes/No)
<p>Taegeuk 5 (Oh Jang, Wind, 20 moves, SEON)</p> 	<p><input type="checkbox"/> I know all 20 moves of Taegeuk 5 (Oh jang)</p> <p><input type="checkbox"/> I can perform Oh jang</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p>Taegeuk 4 (Sah jang, Thunder, 20 moves, JIN) – Mock</p> 	<p><input type="checkbox"/> I know all of 20 moves of Taegeuk 4 (Sah 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>Taegeuk 3 (Sam jang, Fire and sun, 20 moves, RI)</p> 	<p><input type="checkbox"/> I know all of 18 moves of Taegeuk 3 (Sam jang)</p> <p><input type="checkbox"/> I can perform Sam jang</p> <p><input type="checkbox"/> I can perform Sam jang to the required standard or better</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>

1 Step Sparring – Basic



- I understand the principles of 1-step sparring
- I can perform at least four 1-step sparring manoeuvres using hand techniques to the required standard
- I can perform at least four 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 four 3-step sparring manoeuvres using hand techniques to the required standard
- I can perform at least four 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, 360 Turning, Spin hook and Front hook kick)



- 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 360 turning kick to the standard required
- I can easily perform spin hook kick to the standard required
- I can easily perform front hook 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, 360 turning, Spin and Front Hook kick).



- 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 360 turning kick to the standard required
- I can easily perform spin hook kick to the standard required
- I can easily perform front hook 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: _____

Kicking Combinations – Advance Level.

Any of the following kicks may be used: Front, Turning, Pushing, Chopping, Side, Back, 360 Turning kick, Hook.

Free sparring



- I know what is meant by free sparring
- I can demonstrate free sparring when asked to do so

Student signature _____

Instructor signature _____

Date: _____

Power test, measure up and destruct: Turning kick



- I can break wooden board with a turning kick

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: _____