



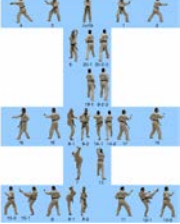
Hadri Taekwondo Academy

Blue Belt Syllabus and Student Progress Chart

Student Name: _____

Date started: _____

Primary Class _____

Technique	Performed Easily? (Yes/No)
<p>Taegeuk 6 (Yuk jang, Water, 23 moves, GAM) – Mock</p> 	<p><input type="checkbox"/> I know all 23 moves of Taegeuk 6 (Yuk jang)</p> <p><input type="checkbox"/> I can perform Yuk jang</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p>Taegeuk 5 (Oh Jang, Wind, 20 moves, SEON)</p> 	<p><input type="checkbox"/> I know all of 20 moves of Taegeuk 5 (Oh jang)</p> <p><input type="checkbox"/> I can perform Oh jang</p> <p><input type="checkbox"/> I can perform Oh jang to the required standard or better</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p>Taegeuk 4 (Sah jang, thunder, 20 moves, JIN)</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>

1 Step Sparring – Intermediate



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

Student signature _____

Instructor signature _____

Date: _____

3 Step Sparring – Intermediate



- I understand the principles of 3-step sparring
- I can perform at least five 3-step sparring manoeuvres using hand techniques to the required standard
- I can perform at least five 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, front hook, spinning 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 front hook kick to the standard required



- I can easily perform spinning 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, front hook, spinning 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 front hook kick to the standard required
- I can easily perform spinning 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: _____

Free sparring

Student signature _____

Instructor signature _____

Date: _____



Power test, measure up and destruct: spin hook kick



Personal self defence



Korean Terminology:

I can break wooden board with a side kick technique

Student signature _____

Instructor signature _____

Date: _____

Can I defend against, wrist grab, collar grab, double wrist grab and double collar grab.

Student signature _____

Instructor signature _____

Date: _____

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

Student signature: _____

Instructor signature: _____

Date: _____