

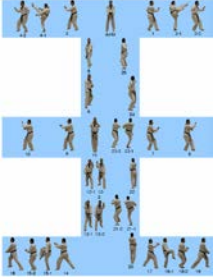


# Hadri Taekwondo Academy

## Red Stripe Syllabus and Student Progress Chart

Student Name: \_\_\_\_\_

Date started: \_\_\_\_\_

Primary Class \_\_\_\_\_

Technique	Performed Easily? (Yes/No)
<p>Taegeuk 7 (Chil jang, Mountain , 25 moves, GAN) – <b>Mock</b></p> 	<p><input type="checkbox"/> I know all 20 moves of Taegeuk 7 (Chil jang)</p> <p><input type="checkbox"/> I can perform Chil jang</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p>Taegeuk 6 (Yuk jang, Water , 23 moves, GAM)</p> 	<p><input type="checkbox"/> I know all of 20 moves of Taegeuk 6 (Yuk jang)</p> <p><input type="checkbox"/> I can perform Yuk jang</p> <p><input type="checkbox"/> I can perform Yuk jang to the required standard or better</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 18 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>

### 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, 360 turning Kick and Hook)



- 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 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)



- 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: \_\_\_\_\_

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 (2 x boards): Side kick



I can break wooden board with a side kick technique

Student signature \_\_\_\_\_

Instructor signature \_\_\_\_\_

Date: \_\_\_\_\_

Personal self defence



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

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: \_\_\_\_\_