

4-6 Year Olds (Cubz)



White Belt & Orange Stripe

Counting to 10

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|----------|----------|-----------|---------|----------|
| 1. Hana | 2. Dool | 3. Set | 4. Net | 5. Tasut |
| 6. Yasut | 7. Ilgop | 8. Yaudul | 9. Ahop | 10. Yaul |

General Terminology

Attention	-	Cheryot
Bow	-	Conyae
Ready	-	Junbe
Block	-	Makgi
Punch	-	Jirugi
Kick	-	Chagi
Uniform	-	Dobok
Training Hall	-	Dojang
Stance	-	Sogi
Sitting Stance	-	Annun Sogi
Walking Stance	-	Gunnan Sogi

Learn the Name of your Instructor & Assistant Instructors

Mr Ben England – 5th Dan

Mr Adam Boycott – 2nd Dan

Mr Willow Manton – 2nd Dan

Yellow Stripe & Green Stripe – Also revise previous

General Terminology

Turning Kick	-	Dollyo Chagi
Outer Forearm	-	Bakat Palmok

Taekwon-do

Learn the Spelling

Sections

Low Section	-	Najunde
Middle Section	-	Kaunde
High Section	-	Nopunde

Blue Stripe & Red Stripe – Also Revise Previous

Counting to 20

1. Hana 2. Dool 3. Set 4. Net 5. Tasut
6. Yasut 7. Ilgop 8. Yaudul 9. Ahop 10. Yaul
11. Yaul Hana 12. Yal Dool 13. Yaul Set 14. Yaul Net 15. Yaul Tasut
16. Yaul Yasut 17. Yaul Ilgop 18. Yaul Yaudul 19. Yaul Ahop 20. Samaul

Kicks

Side Kick – Yop Chagi

Taekwon-do Meaning

Tae - To Break or destroy with the foot
Kwon - To Break or destroy with the hand
Do - The way of the art, and being a good person.